THE
Daily Exercise of a Christian;
Gathered and Collected out of the holy Scriptures: very profitable and necessarie for all estates: whereby they may auoyde the snares and temptations of the Diuell.

O giue thankes vnto the Lord, and call vpon his name, tell the people what things he hath done. Psal. 105. 1.

AT LONDON.
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Cum Priuilegio.

TO THE RIGHT Honorable and vertuous Lady, the Lady Cheyny, her humble seruant *Thomas Lant* wisheth increase of honor, with full enioyment of all Gods good blessings whatsoeuer.

I Haue long and often wished (right Honorable and my very good Lady and Mistris) that some occasion might be offered vnto me, by deed to shew that dutiful seruice, which in heart I acknowledge, & by word do alwayes gladly professe my selfe to owe to your good Ladiship: but that being hitherto denied vnto me, by reason of my no lesse necessary than continuall absence, from the place which might yeeld vnto me sometimes some opportunity of performing many things to the discharge

of my duty in this behalf: I am now determined to striue with this necessity, and where I cannot do so much as I would, to do so much as I may; hoping that where sufficient performance is hindred, an vnfained shew of readines therto shal be regarded, and where power otherwise faileth me, this sincere signification of my good will shall be accepted. Rifling therefore the storehouse of my ability, I do finde nothing that I haue or may yeelde, worthy the presenting to your Ladieship, sauing a few fruites of my daily exercise, collected by me at the first for mine owne priuate vse; and now, as the best Iewell that I haue, submit it to your honourable iudgement and fauourable acceptation. Of the necessity, commodity, or dignitie of Prayer, because so much hath beene written of other, and is knowne & throghly felt of your selfe, who (according to the commandement of our

Saui

Sauiour) pray continually; I will say nothing to the commendation of my Labours. What-euer they are, I beseech your good Ladiship to take them with a right hand, & deeme of them with a right mind, as being the vndoubted testimonie of my readinesse to satisfie or gratifie your Ladieship in all duetie, wherein my small power is not a barre to the infiniteneſſe of my wil and desire. Neuertheleſſe, that the order of the Booke may the better be seene, & so serue for more readie vse, I haue thought good to set it downe in manner as followeth. There are for each day in the week certaine prayers to be vsed thrice in the day; at morning, at euening, and at night. First, a morning praier, wherein is contained, both a Thankesgiuing for the reſt receiued, and a petition vnto God, to escape the euills that may happen in the day. After follow Supplications to God with a psalme, praying

ing as well for eternall blessings, as temporall gifts, with a petition desiring GOD to accept our praier. Then there is grace for before dinner, and after; seruing likewise for supper. Next follows the euening prayer, craving Gods aide in praier. After that, Supplications in a Psalme, and also a Song of Praise and Thankesgiuing, with a Petition to the same. And then Prayers at night, craving pardon for sinnes. And lastly, a Thankesgiuing vnto God for preseruing vs all the time of the day: with certain other praiers in the end, to be vsed at such times, and vpon such occasions, as they are applied vnto. This worke, in this sort framed, I eftsoons most humbly recommend vnto your Ladyships fauourable protection; and your Ladyship to the gracious tuition of the Almightie, who preserue you, together with my singular good Lord, in all prosperitie, and aboundance of his heauenly blest-

blessings, to the accomplishment of your eternall happinesse in his celestiall kingdome.

Your Ladieships most humble seruant,

THOMAS LANT.

A THANKES-GIuing to be ſaid euery morning as ſoone as you awake out of ſleepe.

I Thanke thee my moſt mercifull and Heauenly Father, by thy deareſt beloued Son Ieſus Chriſt, that this night thou haſt giuen me ſléep and reſt, preſeruing me from all hurt and perils. I cry thée mercy for mine offences: and I moſt humbly beſéech thée, that thou wilt likewiſe keepe me this day from all ſin, and euill, ſo that all my thoughts,

wordes, & workes may please thée, I commit my selfe both body and soule, and al things that I go about (this day) into thy hands: I beseech thée, let thy holy spirit be with me lest my deadly aduersary haue power ouer me, Amen. Our Father which art &c.

GOd be in my head, and in my vnderstanding: God be in mine eyes, and in my lokíng: God be in my mouth, and in my speaking: God be in my heart & in my thinking: God be at my end, and at my departing, Amen.

¶ A generall Morning Prayer to be said, when you arise out of your bed.

OAlmighty and mercifull God, which gauest the children of Israell in charge to offer a daily Morning and Euening sacrifice for a swæt sauor vnto thée, that thereby they might glorify and thãke thee for the benefite of their protection, both night & day: receiue of me the calfes of my lips, which I lay vpon thine Altar, being my morning sacrifice of thankesgiuing vnto thee. I glorifie thee, O eternall God: for thou hast broke the bonds, wherewith I was tied this night, by reason of ỹ mist

mist of darknes, and hast deliuered me from the shadow of death, by bringing me safe & sound to the morning light.

Wherefore I will praise thy name in my songs, and magnifie thée with commendations. O Lord, continue thy goodnes towards me, and graunt that all my prayers & workes may both begin from thée, and end in thee: vouchsafe, O Lord, to kéepe me this day without sin. Let thy mercie be vpon me, as my trust is in thee: defending mee both this day and all my life time from euill tidings, that mine eares heare no rumours of warres, nor be terrified by any grieuous chance: fill me

in

in this houre with thy fauor, that all this day I may reioyce, and delight in thy praises. Grant merciful god, that descending into my soule, I may reprehend & condemne mine owne spots, and vices within me, not iudging others, lest I fall into thy fearfull iudgement. Deliuer me (O Lord) from lying lips, & saue me frō a deceitfull tong. Kéepe me, O Lord, from the edge of the sword, from sodaine death, from the infectious pestilence, from mortall sickenesse, and deadly vexations, send thy word and heale me Lord, through our Sauiour Christ, thy beloued son. O most mighty Protector,

kéepe

kéepe mee likewise from hurt of fire, frō drowning by water, from boysterous winds and harme of thunder: deliuer me frō the mire, that I perish not: deliuer me from such as hate me, & from the déep waters, that ẏ floods ouerwhelm me not, neither the déep swallow me vp, and that I be not ouerthrowne with any fierie darts. Thou, O God, rulest the vertues of the Elements, and guidest the raging of the Sea. For, thou art the God which framest the Mountains, and makest the winds, and declarest vnto man what his thought is: thou makest the night and the darkenesse, and walkest vpon the high

places

places of the earth. The Lord God of hostes is thy name, world without end.

O almighty sanctifier, both within and without, keep me this day from the daunger of bloud-thirstie men, from theeues & murderers, whose fete are swift to shed bloud. Preserue mee furthermore from sauage beasts and cruell monsters, that bloudy wilde beasts teare me not in peces with their clawes, nor horses bruise me with their fete.

O Lord God of my saluation, into thy hands (this day and euer) wil I commend my spirit, & deliuer mine heart, that both early & late, it may watch to thee my Maker, prayng

praying thee to protect me in the day of trouble. In sire calamities deliuer me, O Lord, and in the seuenth let no euil come to me. In hunger, saue me from death: in war from the power of the sword: in plague keepe me from sickenes: frō the scourge of tongs hide me: when destruction commeth, let mee not feare: in dearth, make me merry: & let not the beasts of the earth appall my courage.

And (O Lord) if in thy iustice for punishment of my sins, or of thy gracious fauor for triall of my faith, & exercise of my patience, thou suffer me to fall into any distresse or daunger, giue vnto me I beseech

seech thee a cõtented mind to yeelde to thy good pleasure, and an assured hope and beliefe, that as all things are wrought to thy glory, so they may worke also for the best to me, as to one which loueth thée. Grant this (O Father) for thy deare son my Sauior Christs sake, who liueth and raigneth with thée for euermore, Amen.

¶ A Praier to be said at the cõming into Gods house.

O Almighty God and Heauenly father, in the multitude of thy mercies will I come into thine house: and in thy feare will I worship towards thine holy Temple.

Lead

Lead me, O God, in thy righteousnes, and guide my steps in thy sight. Bring me into the way of thy commaundements: for thou art the God of my saluation.

I haue alwayes loued the habitation of thine house, and the place where thine honour dwelleth. O how amiable are thy dwellings, thou Lord of hosts! I will acknowledge thee in the great congregation, and wil praise thee among much people. O my soule, exalt the Lord, & kneele before his footestoole: for he is holie. I will now goe vnto the Altar of God, and in an acceptable time will I make my prayer, euen in the middest of thy

thy mercies. Heare mee O Lord God in the truth of thy saluation.

¶ For Sunday, a Morning Prayer.

I Render to thee (O heauenly Father) most heartie thanks, by thy deare Sonne Iesus Christ, that this night past thou hast (of thy fatherly goodnes) vouchsafed to preserue me from all euill, and to giue my bodie rest and sléep. I now most entirely beseech thée, that as thou hast raised vp this my bodie from sléepe, so likewise thou wilt deliuer my minde from the sléepe of sinne, & from the darkenes of this world: that I walking

in

in the Light of thy Blessed word, may onely doe that which is plesant in thy sight, profitable to my neighbour, and healthful to my soule, Amen. Our Father, &c.

Supplications vnto God.

O Lord ope thou my lips, that my mouth may be shewing forth that which is to thy glorie and praise: and that my mouth frō speaking any thing whereby I should offend thy diuine Maiestie, or be hurtfull to my neighbour.

O GOD make speede to saue me.

O LORD make haste to helpe me.

Glorie be to the Father, and

and to the Sonne, and to the holie Ghost.

As it was in the beginning, is now, and euer shalbe world without end, Amen.

The Psalme.

O Lord, heare my words, and marke my crying, O my King and my God, for vnto thee onelie doo I come to pray, neither do I looke for any succour any where elſe, but of thee.

O Lord, I beſeech thée, that thy grace may ſpring in my heart, with the morrow light of comfort, the night of care being ouerpaſſed.

Suffer mee not to perish with the vngodly folk whom thou

thou curſeſt. I come running vnto thee, not truſting in my owne righteouſnes, but vnto thy great and manifold mercies.

O Lord, with the rule of thy Iuſtice thou ſhalt direct me: for thy names ſake make plaine thy way before mee, and my way before thee, leſt the ſpirit of malice turne mee out of the right path.

Let them be wiſe which repoſe themſelues, and truſt alwaies vpon thy mercies: let them triumph which loue thy name.

Defend me, O Lord, with thy grace as with a ſhield, in time of perills: to the intent that whē I am aſſaulted with them,

them, I may yet with constant cheare grow vp vnto my full perfection.

Heare me when I call, O God of my righteousnesse: thou hast set mee at libertie when I was in trouble: haue mercie vpon me, and hearken vnto my prayer.

My voice shalt thou heare betimes, O Lord, early in the morning will I direct my prayers vnto thee, and will looke vp.

I will be glad & reioyce in thee, yea my Songs will I make of thy name, O thou most high: for thou hast loued righteousnesse, & thy countenance beholdes those things which are both good & perfect.

I

I will loue thée, O Lord my strength, for thou art my stonie rock and my defence, my Sauior, my God & my might in whō I will trust, my buckler, the horne also of my salnation and my refuge.

One thing haue I desired of the Lord, which I will require: euen that I may dwell in the house of the Lord al the daies of my life, to behold the faire beautie of the Lord, and to visite his temple.

Heare mee, O Lord, and haue mercie vpon me: Lord be thou my helper.

Shew thy seruant the light of thy countenance: and saue me for thy mercies sake.

Thou art a place to hide me

me in, thou shalt preserue me from trouble, thou shalt compasse mee about with songs of deliuerance.

Be mercifull vnto mee (O God) be mercifull vnto mee: for my soule doth onelie put his hope and trust in thee.

Deliuer me (O Lord) from all mine offences: and make me not a rebuke vnto the ignorant.

O send out thy truth, & thy light (O God) that they may leade me, and bring me to thy holie hill, & to thy dwelling.

Why art thou so heauy, O my soule? and why art thou so disquieted within me?

O put thy trust in God: for I will yet giue him thankes

which is the help of my countenance and my God.

Many one there be that say of my soule, There is no help for him in his God: but thou (O Lord) art my defender, thou art the worship, and the lifter vp of my head.

O let the wickednes of the vngodlie come to an end: but guide thou the iust.

My helpe cõmeth of God, which helpeth them that bee good and true of heart.

O hearken thou vnto the voice of my calling, my king, and my God: for vnto thee will I make my praier.

I will giue thankes vnto thee, O God, according to thy righteousnesse: and I will praise

praise thy name from one generation to another.

The Lord is known to execute iudgement: and the vngodly is trapped in ỹ works of his owne hands.

The wicked shalbe turned into hell, and all the people that forget God.

The vngodly is so prowd, that he cares not for god, neither is God in al his thoghts.

But let my delight be alwaies in thy Commaundements: and quicken thou me in thy righteousnesse.

So shal I alwaie keep thy law for euer and euer.

My hands also will I lift vp vnto thy commandemets which I haue loued, and my

ſtudie ſhall be alwaies in thy ſtatutes.

The Heauens declare thy glorie, O God: and the firmamẽt ſhewes thy handy worke.

Saue me Lord, and heare me, O King of heauen, when I call vpon thee.

Be not farre from mee, O Lord: thou art my ſuccour, haſte thee to help me, O Lord my God.

Deliuer my ſoule from the ſword, and ſaue me from the Lions mouth.

My praiſe ſhall be of thee in the great congregation: my vowes wil I performe in the ſight of them that feare and loue thee.

The Lord is my ſhepherd: there-

therefore can I lack nothing.

He shal conuert my soule, and bring mee forth in the paths of righteousnes for his names sake.

Yea, though I walke thorow the vallie of the shadow of death, I will feare no euill: for thou art with me, thy rod and thy staffe comfort me.

O let thy louing kindnes and mercie follow me all the daies of my life: that I may dwel in the house of the Lord for ever.

Vnto thee will I crie, O Lord my strength: thinke no scorn of me, lest if thou make as though thou hearest not, I become like to them that go down alyue into the pit.

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Saue me Lord, and heare me, O King of heauen, when I call vpon thee.

Be not farre from mee, O Lord: thou art my succour, haste thee to help me, O Lord my God.

Deliuer my soule from the sword, and sane me from the Lions mouth.

My praise shall be of thee in the great congregation: my vowes wil I performe in the sight of them that feare and loue thee.

The Lord is my shepherd: there-

therefore can I lack nothing.

He shal conuert my soule, and bring mee forth in the paths of righteousnes for his names sake.

Yea, though I walke thorow the valley of the shadow of death, I will feare no euill: for thou art with me, thy rod and thy staffe comfort me.

O let thy louing kindnes and mercie follow me all the daies of my life: that I may dwel in the house of the Lord for ever.

Unto thee will I crie, O Lord my strength: thinke no scorn of me, lest if thou make as though thou hearest not, I become like to them that goe down into the pit.

O heare the voice of my humble petitions, now I crie vnto thee, holding vp mine hands towardes the mercie-seate of thy holie Temple.

O plucke mee not awaie (neither destroy me) with the vngodly and wicked doers: which speake so friendly to their neighbors, but imagine mischiefe in their hearts.

Drawe mee out of the net that they haue laide priuily for mee: for thou art my strength and my sure hope.

My hope hath bin in thee, (O Lord) and I haue said, Thou art my God.

Praised be the Lord alway: for he hath heard the voice of my humble petitions.

The Lord is my strength and my shield: my heart hath trusted in him, and I am holpen: therefore my heart danceth for ioy, and in my songs will I praise him euerlastingly.

Glory be to, &c. As it, &c.

¶ A Petition vnto God.

O GOD the strength of the which trust in thee, mercifully accept my prayers: and because the wickedness of my mortall nature can doe no good things without thee, vouchsafe to giue vnto me the help of thy grace, that in keeping of thy blessed commandements, I may please thee both in will and deede,

through Jesus Christ our Lord & onely Saviour, Amen.

¶Grace before dinner.

LOrd, which giuest meate to the hungrie, drinke to the thirstie, and feedest all flesh calling vpon thee, vouchsafe, of thine vnspeakable goodnes to blesse our meate & drinke which we shall receiue at this present: that being satisfied therewith, we may liue to glorifie thy most holie & blessed name, through Jesu Christ our Saviour, Amen.

¶Grace after dinner.

FOrasmuch as thou (O heauenly Father) hast now refreshed vs with thy bountifull

tifull gifts for the sustenance of our bodies: graunt that whatsoeuer thou wilt haue done of vs for the helth of our soules, we may most diligently and earnestly obserue it, & with a pure mind accomplish the same, through Iesu Christ our Lord and Sauior, Amen.

¶ Euening Prayer for Sunday.

O Lord, I beseech thee fauourably to heare my prayers, and mercifully grant that by thy power, I may be defended against all aduersities: and powre into mine heart that most excellent gift of charitie, the verie bond of peace and all vertues, with-

out the which, whosoeuer liueth, is counted dead before thee: create and make in mee a new and contrite hart, that I lamenting my sinnes may obtaine of thee, the God of al mercie, perfect remission and forgiuenesse, through Iesus Christ our Lord, Amen.

¶ Supplications vnto God.

O Lord open thou my lippes, that my mouth may praise thee: shew thy louing countenance towardes me, and turne thy wrath away from me.

O GOD make speede to saue me.

O Lord make haste to help me.

Glorie be to the Father &c. As it was in the, &c.

¶ The Psalme.

THe Lord is my light and my saluation, whom then shall I feare: the Lord is the strength of my life, of whom then shall I be afraid: Though an host of men were laid against me, yet shall not my heart be afraid: & though there rose vp warre against me, yet will I trust in him.

Bow downe thine eare, O Lord, and heare me, preserue thou my soule: my God, saue thy seruant that putteth his

trust

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Bow downe thine eare, O Lord, and heare me, preserue thou my soule: my God, saue thy seruant that putteth his

trust

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Cõfort the soule of thy servant: for vnto thee, O Lord, doe I lift vp my soule: for thou art good and gracious, and of great mercie to all thẽ that call vpon thee.

Giue eare Lord, vnto my prayer, and hearken vnto the voice of my humble petitiõs.

O God be mercifull vnto me and blesse mee: shew me ỹ light of thy countenance, and be mercifull vnto me.

That thy waie may be knowyne vpon earth, and thy saving health among all Nations.

O God, euen mine owne God, blesse me with thy blessing: for all the ends of the world

world doe feare thee.

O knit my hart vnto thee, that I may feare thy name.

I will thank thee, O Lord, my God, with all my heart, and I will prayse thy Name for euer.

Thou, O God, art full of compassion and mercy, long-suffering, plenteous in goodnes & truth, turne thee vnto me, and haue mercy vpon me.

Ponder my words (O Lord) consider my meditation.

O hearken thou to the voice of my calling, my King and my God: for vnto thee will I make my prayer.

For thou art the God that hath no pleasure in wickednesse, neither shall any euill

dwell with thee.

Leade me, O Lord, in thy Righteousnesse: make thy wayes plaine before my face.

Teach me thy way, O Lord, and leade mee in the right way.

Order my steps, O Lord, in thy word: and so shall no wickednesse haue dominion ouer me.

O deliuer me from the euill dealings of men, and so shall I keep thy commãdements.

O Lord, thou God of my life, forsake me not: O let me not haue a proud looke, but turne away all voluptuousnesse from me.

Take from me the lusts of the body, let not the desires

of

of vncleannesse take hold vpon me: and giue me not ouer into an vnshamefast and obstinate minde.

Two things haue I required of thee, O Lord, before I die: that thou wilt remoue from mee vanity & lies: giue me neither pouerty nor riches, only grant me a necessary liuing, lest if I be too full, I deny thee, and say, who is the Lord? and lest I being constrained through pouerty, fall to stealing, and so take the name of my God in vaine.

O that my wayes were made so direct, that I might keepe thy statutes.

So shal I not be confounded: while I haue respect vn-

to

to all thy commandements.

Take from me the way of lying: and cause thou me to make much of thy law.

O turne all vanity away from mine eies: and quicken my sight in thy wayes.

Let thy louing mercie come vnto me, O Lord: and take not the word of truth out of my mouth.

Heare my voice (O Lord) according to thy louing kindnes: and quicken me according as thou art wont.

O Lord, preserue from all euil, my soule and body: thou art my going out, and my comming in, from this time forth for euermore.

Turne my hart, I beseech

thée, O Lord, from beholding eyther Images, or strange Gods, to the intent to worship them: but let my worship be onely in thee, to serue thee in my prayers.

Direct mee in thy truth, and instruct me: for thou art my God and Sauiour.

Giue eare, O Lord, and heare me, & ponder the voyce of my humble desires: for thou art great, and dost wonderfull things, thou art God alone.

For great is thy mercy towards me, and thou hast deliuered my soule from the nethermost Hell.

Thou Lord God art full of compassion and mercy, long-

suffe-

suffering, plenteous in goodnes & truth, turne thee vnto me, and haue mercy vpō mē.

Hearken thou to the voice of my calling, O Lord, when I cry vnto thee: haue mercy vpon me and heare me.

O hide not thy face from mee, and cast not away thy seruant in displeasure.

Be my succour, O Lord, leaue me not, neither forsake me, O God of my saluation.

O lok thou vpon me, and be mercifull vnto me, as thou vsest to doe to those that loue thy name.

I will lay mee downe in peace, and take my rest, for it is thou Lord onely that makest me dwell in safetie.

Ligh-

Lighte mine eies, O Lord, that I sleepe not in death.

I haue set God alwayes before mee: for hee is on my right hand, therefore shall I not fall.

Wherefore my heart was glad, and my glory reioyced: my flesh also shal rest in hope, through Iesu Christ our Lord and Sauiour, Amen.

Glory be &c. As it was &c.

¶ A Song of praise and thanksgiuing vnto God.

Blessed art thou, O Lord God of our forefathers: for thou art worthy to be honoured and praised, and to be magnified for euer.

Blessed

Blessed be the glory of thy holy name: for it is worthie to be praised, and aboue all to be magnified for euer.

Blessed art thou, O Father, Sonne, and holy Ghost: for thou art worthie to be praysed & exalted, and aboue all to be magnified for euer.

Blessed art thou in the firmament of heauen, for thou art praise-worthy for euer and euer.

O giue thankes vnto the Lord, all creatures: for he is kinde-hearted and mercifull, yea his mercy endureth for euer, and world without end.

It is a good thing to giue thanks vnto the Lord: and to sing praises vnto thy name,

O

O thou most High.

To tell of thy louing kindnesse in the morning early: and of thy truth in the night season.

Upon an instrumẽt of ten strings will I praise thee, and vpon the lute: yea vpon a loud instrument, & vpon the harp wil I glorify thy name.

For thou Lord hast made me glad through thy workes: and I will reioyce in giuing praise for the operation of thy hands.

Glory be to the Father &c.

As it was in the &c.

Lord haue mercy vpon me.
Christ haue mercy vpõ me.
Lord haue mercy vpon me.
Our Father, which &c.

The

The Creede.

I Beleeue in GOD the Father Almightie, maker of heauen and earth, and in Jesus Christ, &c.

The Verficle.

O Lord deale not with vs after our sinnes.

Answer.

Neither reward vs after our iniquities.

¶ A godly Petition after Euening prayer.

VIsite, I beseech thee, O Lord, this our dwelling place, and driue from it all the assaults of my enemies: let thine holy Angell dwel in it, which may keepe mee all this night in thy peace, and

eue

euer let thy blessing be vpon me: graunt this O mercifull Father, for Iesus Christs sake, who liueth and reigneth with thee and the holy Ghost one GOD world without end, Amen.

Grace before supper, as at dinner.

Grace after supper, as after dinner.

Prayers at night, before you go to bed.

O Lord heare my Prayer: And let my crie come vnto thee.

¶ A deuout prayer to Iesus Christ.

IEsus haue mercy on me, & forgiue my great offences which I haue done in the sight of thee this day: grant me grace, Iesu, for the loue of thee to despise sin and worldly vanitie.

Iesu help me to ouercome the temptation of sin, and the malice of my ghostly enemie, to spend my time in vertue and labour acceptable to thee: Iesu strengthen my soule & body to exalt the workes of vertus, to the pleasure of thee, whereby I may come to thy euerlasting ioy and felicity.

Graunt me fast purpose, merci-

mercifull Jesu, to amend my life, & remoue the sins of my youth, which I haue mis-spēt to the displeasure of thee, in euill thoughts, delectations, consentings, wordes, workes, and euill customs, and also in breaking thy cōmandements whereby I haue deserued dānation. Jesu light mee with ghostly wisdom, for to know thy gwdnes, and those things which are most acceptable to thee. And grant mee grace to giue good and profitable examples, that none may bee hurt by me, and to help those with good counsel which haue offended thee. Make mee to proceede from vertue to vertue, til I be growne to a per-

fect man in thée. Let mee not turne to those sins which by my confession haue accused me, & by sorrow haue oppressed me. The horrible sentence of endlesse death, the terrible iudgement of damnation, thy wrath, ire, and indignation, mercifull Lord, let neuer fall vpon me: thy mercy and merites, O my Sauiour, be euer betwéene them and me.

Iesu grant me grace to flie euill company: and when I come amongest them, for thy passion, I beseech thee to preserue me, that no occasion of deadly sin ouercome me. And send mee ghostly comfort by the loue of thee. Keepe my mouth (Lord) from sclanderous

speaking, lying, false witnesse bearing, cursing, swearing, vncharitable chiding, dissolute laughing, and wordes of vanitie. Make me, O blessed Lord, to remember thée: thou presently hearest which of all my words shal iudge me, and that I shall (before thee) giue account of euery idle word which I shal speake. O sweet Iesu, make mee perseuerant in the blessed seruice of thee, in holy exercise and vertuous occupation. Lord keepe my soule and body, make me slay sinfull delectation, & patiently to suffer iniuries & rebuks, in following thy owne most holy and blessed example. Prouide, good Lord, that I

for me, which thou knowest most to thy honour, and my comfortable stay in thee. Jesu grant me, specially in the time of prayer, to fix my minde on thee, & then to remember my wretchednesse, and faithfully to call for helpe vnto thee. Sweet Jesu, grant me grace to order my life, & the works of my bodie and soule, with actuall intent to serue and please thee, that thou maiest of thy gwdnes finally bestow on me the penny of thine infinite ioy and eternall felicitie.

The bloud that ran from thy blessed heart, wash my soule from sin and iniquitie, & purchase to me abundance of thy grace, faithfully to serue

thee.

thee. O my Lord, my might, my life, my light, leade me, fæde me, and spæd me in the pilgrimage of this mortality: & at the houre of death when I shall be accused before thee, haue mercy vpon me: breake my froward heart, and make it obedient to thæ: from sudden & vnprouided death, good Lord preserue mee. By the vertue of thy most excellent & glorious diuinity, by the vertue of thy incarnatiõ, and by the merits of thy passiõ, and resurrection, grant mee these supplications, which I haue made to thee: by thine owne and only mediation, purchase for me a gracious life, and a blessed ending. Free me from

debt, & from all sin, I beseech thee: & after my bodily death, giue to mee euerlasting life, with endelesse blisse & felicity: So be it, Amen.

¶ A thankesgiuing vnto God the Father.

O Heauenly Father and eternall God, which art neither made nor begotten, but before all worlds from euerlasting diost beget a Son, the very image of thine owne substance: I honour thee, I praise thee, I glorifie thee, I yeild most hearty thanks for all thy benefits. And at this time especially, because thou hast patiently & attentiuely heard my petition, & hast gi-

uen

uen me soberneſſe and humblenes of heart and minde, to vtter the ſame without anie interruption. I bleſſe thee mine euerlaſting God, and with all mine heart giue thee thankes, for that not onelie thou haſt ſaued mee this daie from death, from hurt and all peril, but from my cradle haſt defended both my bodie and ſoule from al miſfortune, and dangers. Therefore my ſoule magnifieth the Lord, and my ſpirite reioiceth in God my Sauior: for he hath loked vpon the affliction of his ſeruant. And now amongeſt all other thy gwdnes, O Lord heare, O Lord forgiue, hearken, O God, for thy names ſake, for

it is calld vpon of me. O god of heauen and earth, in this euening-tide do I call on thee, that remitting my sins, thou wouldest receiue me into thy protection, and keepe me this night, that the diuell haue no power ouer mee. Bee thou watchful ouer me, O eternall Sauiour, lest the subtill tempter apprehend mee, for thou (O Lord) art my euerlasting protector: for behold, whether I sleepe or wake, whether I liue or die, I am thine, thou art my Creator & Redeemer. I beseech thee stand vp, and watch with me: let thy mercy (O God) follow me al ỹ dates of my life, that I may dwell in thy house & praise thee. All

kings

kings & nations shall prayse thee, for they haue heard the words of thy mouth, & great is thy glory, O God: thou hast searched me out and knowne me: yea, thou knowest my down-sitting, & my vprising, and vnderstandest my secret thoughts, neither is there a word in my tong, but thou (O God) knowest it altogether. Such knowledge is to wonderfull and excellent for me, & therefore let me still, in acknowledging thy greatnes confesse my sinful & wretched weakenes. For what is man, y thou so respectest him, or the Son of man that thou so regardest him? Man is like a thing of nought, his time

passeth away like a shadow. Yet despise not, O Lord, the worke of thy hands: for thou art my hope and fortresse, my castle and deliuerer, in whom I trust, through Christ my onelie Sauiour, Amen.

The Conclusion.

SAue me, O Lord, waking, and keep me sleeping: & be so mercifull vnto mee, that I may wake in Christ, and rest in peace this night and euermore, Amen.

¶ For Munday, morning prayer.

O Most louing and gentle God, I thanke thee for the sweet sleepe and comfortable rest, that thou hast giuen

uen me this night. And for-somuch as thou hast commanded by thy holy word, that no man should bee idle, but alwaies occupied in godlie and vertuous exercises, euerie man according to his calling: I most humbly beseech thee that thine eies may attend vpon me, that thy grace may daily defend me, in danger succour me, cherish and comfort mee in all my neede and distresse, and gouerne all my counsels, studies and labours, in such wise, that I may spend this daie, according to thy most blessed will, to thy glorie, the profite of my neighbor, & the discharge and comfort of my owne consciences in thee: that warily

warily auoiding all things that may displease thee, & setting alwaies before mine eies thy feare, I may (thy grace assisting me, and thy holy spirit guiding me) worke that which is acceptable before thy Diuine Maiestie, to the praise of thy most holie and blessed name, through Iesu Christ our Lord, Amen.

Our Father which art &c.

¶ Supplications vnto God.

O Lord open thou my lips, y my mouth may speake and shew forth the praises of thy name: and set an hatch before the dore of my lips, that I may not speake anie word that shall be displeasant vnto thee,

thee, or hurtfull to my neighbour and brother in Christ.

O GOD make speede to saue me.

O Lord make haste to helpe me.

Glorie be to &c. As it &c.

¶ The Psalme.

THe Lord shall defend me vnder his wings, and I shalbe safe vnder his fethers: his faithfulnes and truth shal be my shield and buckler.

I shall not be afraid for anie terror by night, nor for the arrow that flieth by daie, nor for the pestilence that in darknes doth walke, nor for the sickenesse that destroyeth in the noone daie.

O send out thy light & thy truth, O God, that they may leade me, and bring me to thy holie hil, and to thy dwelling.

O God, thou art my God; early wil I seek thee, my soule thirsteth after thee, my flesh also longeth after thee: as long as I line, will I magnifie thee, and lift vp my hands in thy name.

I haue remembred thee in my bed, and thought vpon thee when I was waking, because thou hast bin my helper.

Haue mercie vpon me, O Lord, thou God of all things, haue respect vnto mee, & shew mee the light of thy mercie, and send me thy feare.

Awake thou my soule that slæpest,

sleepest, and stand vp from death, and Christ shall giue thee the light of his mercies.

O let me heare thy louing kindnesse, O Lord, betimes in the morning, for in thee is my trust.

Shew me the way that I should walke in, for I lift vp my soule to thee: deliuer mee Lord from mine enemies: for I flie vnto thee to hide me.

Teach me to doe the thing that pleaseth thee: for thou art my God.

O Lord haue mercy vpon me: for I haue put my whole trust in thee.

Be an arme to mes earlie, and mine health in the time of trouble.

Leade

Leade me (O Lord) in thy righteousnesse, because of my enemies: and make thy way plaine before my face.

Haue mercie vpon me, O Lord, for I am weake: heale me, O Lord, for my bones are vexed.

My soule is also sore troubled: but Lord how long wilt thou punish me?

Turne thee (O Lord) and deliuer my soule: oh saue mee for thy mercies sake.

Rebuke me not, O Lord, in thine indignation, neither chasten me in thy heauie displeasure. O Lord my God, in thee haue I put my trust: saue mee from all them that persecute me, and deliuer me.

Stand

Stand vp, O Lord, in thy wrath, and lift vp thy selfe: because of the indignation of mine enemies, arise vp for mee in the iudgement that thou hast commanded.

Shew me the path of life, for in thy presence is ỹ fulnes of ioy, & at thy right hãd ther is pleasure for euermore.

Who can tell how often he offendeth? O cleanse mee from my secret faults.

Kéep thy seruant also from presumptuous sins, lest they get the dominion ouer me: so shall I be vndefiled and innocent from the great offences.

Shut not vp my soule with the sinners: nor my life with the bloud-thirstie.

Heare,

Heare, O Lord, and haue mercie vpon mee: Lord be thou my helper.

O let not them that are my enemies triumph ouer mee vngodlie: neither let them winke with their eies, that hate me without a cause.

Thou Lord shalt saue both man and beast: how excellent is thy mercie, O God! and the children of men shall put their trust vnder the shadow of thy wings.

They shalbe satisfied with plenteousnes of thine house: & thou shalt giue them drinke of thy pleasures, as out of the great riuers.

For with thee is the well of life: and in thy light shall we

wee see light.

O continue thy louing kindnes to them that know thee, and thy righteousnes to them that are true of heart.

O let not the foote of pride come against me: and let not the hand of the vngodlie cast me downe. Heare my praier, O Lord, and with thine eares consider my calling, hold not thy peace at my teares. For I will confesse my wickednesse to thee, & be sorie for my sins.

O Lord, let it be thy pleasure to deliuer me: make haste to help me, O Lord my God.

Let mee not follow mine owne minde and strength, to walke in the waies of mine owne heart.

Nei-

Neither say vnto my selfe, how haue I strength? or who will bring mee vnder for my works? for thou, O God, art the auenger, & wilt reuenge the wrong done by mee. Let mee not seeke those things which are too hard for mee, neither search the things that are too mightie for me.

But what thou hast commãded, O God, let me think vpon with reuerence: and let me not be curious in many of thy workes. Let mee euer be curteous to the poore, and relieue them that are needy, and humble my soule to an elder, and bow downe my head to a man of worship. Let mee not be hasty in my tong, neither negli-

negligent in my workes.

Let me not be as a lion in my own house, neither beate those that are vnder mee for mine owne fantasie, nor oppresse them that are vnder me for my owne commodity.

Let not my hand be stretched out to receiue, and shut when I should giue.

Settle my heart to patience, bow downe mine eares to vnderstād thy words, that I shrinke not away when I am assailed, but wait patiently vpon thee my God: whatsoeuer commeth to me, let me receiue it patiently, and be patient in the chaines of mine affliction.

Prosperitie & aduersitie,

life

life and death, pouertie and riches commeth of thee, O Lord God of Hostes.

Beholde the heauen, and the heauen of heauens, which are for God, the depth, & the earth and all that therein is, shalbe moued when hee doth come to visite.

O how marueloues are thy works (O Lord) I most hartily pray & beseech thée to pardon and forgiue me all my secret sins and offences done against thee.

Heare me I beseech thée, O God, and Lord of Lords: let me alway dwell with thee, & euermore still praise thee, world without end, Amen.

Glory be to &c. As it was &c.

¶ A petition vnto God.

O Lord, I heartily beseech thee, to accept these my prayers, and loke vpon the hearty desires of thy humble seruant: and stretch forth the right hand of thy Maiestie to be my defence against all my aduersaries, that by thy gracious goodnesse I may be gouerned & preserued, both body and soule, through Christ our onely Sauiour, Amen.

¶ Grace before dinner.

O Lord we beseech thee to sanctifie these thy giftes with thy goodnesse, that wee may receiue them soberly, & vse them purely, according

to

to thy good will and pleasure, that therby we may acknowledge thee to bee the Father & Authour of all goodnes, seeking principally the Spirituall bread of thy word, whereby our soules may be nourished eternally through Christ our Lord, So be it.

¶ Grace after dinner.

WE laude thee most high God, for that thou hast fed vs bountifully by thy prouidence: we beseech thee not to suffer our affections to be rooted in these corruptible things, but that wee alwaies haue an higher respect, waiting for our Lord IESVS Christ, vntil he sit in glory to iudg

iudge both the quicke and the dead. In which resurrection, O Lord graunt that we may bee of thy chosen children to dwell with thee in Heauen, where wee may praise thy name, world without end, Amen. God saue the church, &c.

¶ Euening prayer for Munday.

SEeing that thou, O heauenly father, art the fountaine of al wisedome & knowledge, which hast bin the only meanes for me to be instructed in the age of my infancy, to make me know how to gouerne the whole course of my life, holily & honestly: vouchsafe to illuminate my vnder-

ſtanding (which of it ſelfe is blind) that I may willingly & readily comprehend all that I ſhall reade in thy Lawe. Vouchſafe alſo to confirme my memory, & to keep it wel. And ſeeing thou promiſeſt to giue wiſedome vnto babes & humble-hearted, I beſeech thee to bring mee to true humilitie, whereby I may yeeld my ſelfe apt to learne, and obedient, firſt vnto thee, and ſecondly vnto my ſuperiors, whom thou haſt ordained to rule and teach me. Furthermore, vouchſafe to diſpoſe mine heart to ſeeke thee with vnfainednes, renouncing all carnall and euill affections, & that in ſuch ſort I may prepare

pare my selfe now to serue thee, in the estate and vocation to the which it hath pleased thee to call me, that being by thy goodnesse accounted & found one of thy faithfull seruants, I may with the rest of my fellow seruants thy children, enter into thy euerlasting ioy, which thou hast prepared from before all beginnings for them which feare, and serue thee, through Iesu Christ our Lord. Amen.

Our Father which art &c.

¶ Supplications to God.

O Lord open thou my lips, that my mouth may speake and shew forth thy righteousnesse. Guide my

steps in thy sight, & bring me into the way of thy commandements, for thou art the God of my saluation.

O God make speed to saue me.

O Lord make haste to help me.

Glory be to &c. As it was &c.

The Psalme.

TO thee, O Lord, I lift vp my mind, and in thee I trust: O Lord God, let me not be confounded, lest mine enemies triumph ouer me vngodly.

O Lord, make thy wayes knowne to me: and leade me in thy paths.

I lift vp mine eies to thee,

O Lord, that dwellest in the heauens.

Stirre vp mine heart and mind, O Lord: come to mee, O spirit of God, that I may come to thee with heart and soule, and not with lips only.

Giue me thy grace that I may call vpon thee, as a true worshipper, both in spirit and truth with inward attention, without hypocrisie or vain-glorie.

Grant that I aske nothing of thee but that which may agree to thy holie will, to thy praise and glorie, and to the health of my soule.

Inspire mee also with an assured hope, to obtaine those things which I shall aske of

thy mercifull goodnes, with a strong and sure faith.

Neither let my praiers, O Lord, prescribe the time, and maner, when, and how, they shall be fulfilled.

But let me submit my self to thy holie wil in all things, with hope, patience, and humilitie of heart.

Thy wil be done, O Lord, in earth, euen as it is in heauen.

I will wait patiently for thee, O Lord, that thou maist incline thine eare vnto mee, and heare my praier.

Grant me thy grace, that I present not my supplications before thee, for my owne righteousnesse, but for thy great

great tender mercies, and in the name of thy sonne Iesus Christ.

Assist me, O mercifull Father, that I may pray euerie where lifting vp pure hands, without wrath or doubting, with supplications, praiers, intercessions, and giuing of thankes for my selfe, and for all men.

O let mee not goe wrong, lest mine enemies make mee their iesting stocke, and a matter to laugh at.

Wherewithal shal a yong man cleanse his waie? euen by ruling himselfe after thy Word.

With mine whole heart haue I sought thee: O let me

not go wrong out of thy commandements.

Let thy wordes be within mine heart: so shall I not sin against thee.

O let my lips be euer telling of all the iudgements of thy mouth: so shall I not be confounded, while I haue respect to all thy cõmandemẽts.

I haue as great delight in the way of thy testimonies, as in all maner of riches.

My delight shall be in thy statutes: and I will not forget thy word.

O doe well vnto thy seruant, that I may liue and kẽpe thy statutes.

Open thou mine eies, that I may see the wonderfull

things

things of thy law.

O turne from mee shame and rebuke, for I will keepe thy testimonies.

Make me, O Lord, to vnderstand the way of thy commandements, for my soule melteth awaie for verie heauines: comfort thou mee according vnto thy word.

Take from me the way of lying: and cause thou meeto make much of thy law.

Giue vnto me the waie of truth, and laie thy Iudgements before me.

Teach mee, O Lord, the waie of thy statutes: and I shall keepe it vnto the end.

Giue mee vnderstanding, and I shall keep thy law: yea,

I will keep it with my whole heart.

Make me to go in the true path of righteousnesse, for therein is my onelie delight.

Incline mine heart vnto thy testimonies, and not to couetousnesse.

O Lord, giue me a waking and an humble heart, that I may alwaies loue thy lawes, keepe thy testimonies, do thy cõmandements, obserue thy statuts, feare thy iudgemẽts, know thy ceremonies, obey thy word, and feele thy mercy vnto the end. So be it.

Glorie be to &c. As it was &c.

A Song of praise and thanksgiuing vnto God.

Bles-

BLessed be the Lord God, which alone doth wonderous things: and blessed be the name of his Maiestie for euer and euer.

Blessed art thou, O most high God, which hast distinguished the day and the night by thine vnspeakeable wisedome, so that man in the night may rest, and againe, when the day commeth, goe about his businesse, and labour vntill the euening.

Blessed art thou, O Lord of truth, for thou hast laid the foundations of the earth, and it endureth for euer. For these & all other thy benefits, I praise thee most heartily, & glorifie thy name most worthily,

I will keep it with my whole heart.

Make me to go in the true path of righteousnesse, for therein is my onelie delight.

Incline mine heart vnto thy testimonies, and not to couetousnesse.

O Lord, giue me a waking and an humble heart, that I may alwaies loue thy lawes, keepe thy testimonies, do thy cõmandements, obserue thy statuts, feare thy iudgemẽts, know thy ceremonies, obey thy word, and fele thy mercy vnto the end. So be it.

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Blessed art thou, O Lord of truth, for thou hast laid the foundations of the earth, and it endureth for euer. For these & all other thy benefits, I praise thee most heartily, & glorifie thy name most worthily,

thily, now and euer, Amen.
Glorie be to &c. As it &c.
Lord haue mercie &c.
Christ haue mercie &c.
Lord haue mercie &c.
Our Father which &c.

The Creede.

I Beléeue in God the father Almightie, &c.

O Lord, deale not with vs after our sinnes.

Neither reward vs after our iniquities.

An humble Petition vnto God.

ALmightie God, and euerlasting father, which gouernest all things in Heauen and Earth: mercifully receiue

receiue my supplications and prayers which I haue offered before thee: and graunt this night I may bee preserued both bodie and soule, through a right and perfect faith in Jesu Christ: to whom with the Father, the Sonne, and the holie Ghost, be all honor and glorie, Amen.

Grace before Supper, as at dinner.
Grace after Supper, as at dinner.

¶ Prayers at night before you goe to bed.

BOwe downe thine eares, O Lord, & hearken to the voice of my humble desires.

A deuout prayer to our Lord God.

O Merciful Lord God, & most tender and deare Father, vouchsafe I heartilie beseech thee, to looke downe with thy fauourable eies of pitty, vpon me most vile and wretched sinner, which lie here prostrate in heart before ye seat of thy bounteous mercie, and before thee, O father, insomuch that I am no more worthy to be called thy Son. Yet neuertheless, forsomuch as thou art the God of all comfort, and againe desirest not the death of a sinner, but like to a true Samaritane, takest thought of my sely wounded soule: make mee I pray thee (by pouring the precious oile of thy sweet comfort into my wounded

wounded conscience) ioyfull to returne with the lost son, vnto the lappe of thine euerlasting pittie. For loe, thou art my hope & trust, in whom I onelie repose my selfe, hauing in thee full confidence, and faith: and so I may say with a verie faithfull heart, trusting in thy mercie, I beleeue in thee, O God the Father, in thee, O God the Sonn, and in thee, O God the holie Ghost, three persons, and one true almightie & euerlasting God, besides who I acknowledge none other God in heauē aboue, nor in earth beloū. Yea, and I a poore sinner doe accuse my selfe to thee, deare Father, that I haue sore and grieuously

grieuously offended thine Almighty godnes & maiestie, in the committing of my exceeding grieuous and manifolde sinnes & offences. For I haue not kept the least of thy most godly and blessed commandements. Thy holie and dreadfull name, vnto which all honor belongeth, haue I vsed in vaine. I haue followed that great prince of this world Satan, who hath beene a lier from the beginning, in concupiscēce of the flesh, in pride of liuing, in lying, in couetousnes, in gluttonie, in hatred, enuie, in backbiting, dispaire, and also mis-beliefe. But in what maner soeuer I haue sin'd against thee, whether

ther it hath bin by daie, or by night, yea euen frō my childhood vnto this daie, were it in worke, word, or thought, secretly or openly? O my mercifull God, I am sorie for it euen from the bottom of my heart. Yea my soule mourneth for verie sorrow, most mercifull Father, that I am not a thousand times sorier then I am. Notwithstanding in token of great repentance, I knock and strike my breast, and say in bitternes of heart & soule, Lord God father haue mercie, Lord God son haue mercie, Lord God holie ghost haue mercie vpon me. Spare me of thine infinite mercie, deare Lord, now and al the daies of

my

my life, and let me haue part of thine abundant grace, that I may change my sinfull and wretched life, and that I may vtterly forsake the vaine affiance of this world, so that I may be found ready with the good seruant in the mionight of death, which shal sheale vpon mee ere I be aware. Bee thou to mee at that time of neede, O Lord, a Tower of strength, a place of refuge, and defensible God: namely, against the diuell, which will be the most readie to deuoure me, and against desperation, which then will be bolde to ouerthrow mee: Let then thy comfort cleaue fast vnto me, thy mercie keep me, and thy

grace

grace guide me. Fetch then a-gaine, O Lord God Father, that which thy puisant might hath shaped: Fetch then a-gaine, Lord God Son, that which thou hast so wiselie go-verned, and bought with thy prætious bloud: take againe then, Lord God holie Ghost, that which thou hast kept & præserued so louinglie in this region of sin and vale of misé-rie, thrée persons & one God, to whom be præise for ever and euer, Amen.

A thankesgiuing to God.

O Omnipotent and mer-cifull God, eternall Fa-ther, Son and holie Ghost, thrée in persons, one in sub-stance,

stance, God in verie deede, &
from euerlasting, I extol thy
sacred Maiestie, I praise thy
vnspeakeable mercie, thy di-
uine truth I magnifie, for
that of thy fatherlie goodnesse
thou hast graciously heard all
my petitions, giuing me a pe-
nitent heart modestlie to vt-
ter the same: therefore will
I praise thee (for this & all o-
ther thy goodnesse) this eue-
ning, and going to rest, I be-
gine thee thanks, because thou
hast kept me this day, of thy
onelie mercie (without any
merite of mine) from all dan-
ger & hurt. Mine eies preuent
the night-watches, to medi-
tate of thy wonderful things,
& my tongue shall alwaie be

the excellencie of thy Name, O Christ & King of glorie: I beseech thee bless me and defend me all this night; let my rest be in thee, & grant me thy grace, that neither much sleep overwhelme me, nor Sathan invade mee, nor the flesh betraie me vnto him, and make mee guiltie in thy sight. Let mine eies sleepe, but let mine heart wake. O Lord lighten mine eies that I sleepe not in death (lest the subtill tempter overtake me) and I sleepe a continuall & perpetuall sleep, and awake no more) for thou art my everlasting helper: keep me as the apple of thine eie: hide me vnder the shadow of thy wings, O Lord, that nei-

neither vglie visiõs, nor horrible dreams, nor sights and monstrous apparitions trouble mee in the darke. In thy name (O sweete Jesu) will I goe to bed: giue sléepe to mine eies, & slúber to mine eie-lids: compasse me about, & raise me againe to the ioyfull sight of to morrow light, & after this miserable life bring me to the beholding of eternall happinesse, that in thy light I may see light, and may euermore praise thee, world without end, Amen.

The Conclusion.

O Lord, into thy hãds I cõmẽd my spirite this night and all the daies of my life.

Blesse

Blesse me, keep me, and saue me, now and euer, Amen.

For Tuesday, a Morning Prayer.

SEeing that thou, O heauenlie Father, art that one and alone almightie God which art in euerie place, beholdest the counsels, deuices, and workes (yea, the verie thoughts of all men) & giuest to euerie one according to their deeds: I most humblie beseech thee, that (forasmuch as thou hast graciouslie preserued me this night from all perills) I may not spend this daie after mine owne mind & pleasure, which is alwaie euil & wicked, but earnestly looke

vpon

vpon, and diligentlie follow thy fatherlie will, thy euerlasting counsell, thy healthfull word and pleasure, which is alwaies good, perfect, & holie, and fulfill the same with good will: that whatsoeuer I take in hand, it may prosper, that of me most miserable sinner, thy diuine name may alwaies be sanctified both now & euer through thy dearelie beloued Sonne Iesu Christ, Amen.

Our Father which &c.

Supplications to God.

O Lord open thou my lips, that whatsoeuer I speak, it may bee to thy praise and glorie, and to my profite and furtherance in thee: that I may

may lift vp my handes and heart, without wrath or malice, saying,

O GOD make speede to heale mine infirmities.

O Lord make haste to put away mine iniquities.

Glorie be &c. As it &c.

The Psalme.

IN thee, O Lord, haue I put my trust, let me not be put to confusion, deliuer mee in thy righteousnes.

Unto thee, O Lord, will I lift vp my soule, my God I haue put my trust in thee, O let me not be ashamed: shew me thy waies, O Lord, and teach me thy paths.

Lead me forth in thy truth

and learne mee, for thou art the God of my saluation.

Call to remembrance (O Lord) thy tender mercies, & thy louing kindenesse, which haue beene euer of olde.

O remember not the sins & offences of my youth, but according to thy mercy think vpō me, O Lord: for thy goodnesse, for thy name sake, O Lord, be mercifull vnto my sinne, for it is great.

Look vpon my aduersity & miserie, & forgiue all my sins.

Keep my soule & deliuer me, let me neuer be confounded, for I haue put my trust in thee.

Shew the light of thy countenance vpon thy seruant, & teach

teach me thy statutes.

Watch (my soule) because thou knowest not in what houre the Lord will come.

Watch (my soule) & pray, that thou enter not into tẽptation, for the spirit is ready, but the flesh is weake.

Watch (my soule) & pray, stand fast in ẏ faith: quite thie manfully, and be strõg, let all thy busines be done w̃ loue, throgh Jesu Christ our Lord.

Set a watch, O Lord, before my mouth, and keep the doore of my lips: O let not mine heart be inclined to any euill thing: let mee not be occupied in vngodly workes.

Hearken vnto my prayer, O Lord, that goeth not out

of fained lippes.

O hold thou vp my goings in thy paths, ẏ my foote-steps slip not: incline thine eare to me, and heare my words.

Shew thy maruellous louing kindnesse, thou which art the Sauiour of them that put their trust in thee.

O God, waken mee, quicke me vp, suffer me not to lie still wallowing in the mire.

Strengthen mee against naughtie customes: and embolden mee to abhorre those things that are to be despised.

Giue mee power to treade vile things as dust vnder my feet: and cause me to set my minde vpon the highest, excellentest, and best things that

please thee.

Giue me grace to hearken to thy calling, and diligentlie to follow thy guiding.

For thou (O Lord) leadest me to the store of all things: thou offerest thy selfe and all thy graces to mee: giue mee grace (good God) to receiue them.

Thou shewest me ẏ way to most singular benefits: suffer me not to turne my head, till I haue take possession of thē.

Giue me constancie, and steadinesse of minde, that my thoghts may not be fleeting, fond, and vnfruitful; but that I may performe all things with an vnmouable minde.

O God my strength, my re-

refuge, and my deliuerer, put into my mouth how to call vpon thee.

Giue mee such workes as may please thee, and driue from mee such things as displease thee.

O God mine helper, enrich mee with thy blessings, and strengthen mee with the armor of thy word, against all mine enemies.

Let me not be of their nũber (O God the strength of my health) that beleeue for a time, and shrink awaie in the time of temptation.

Ouershadow me in the daie of battell, be mine hope in affliction, and my help in tribulation.

O Lord, inlighten and instruct my minde, that I may esteeme euerie thing as it is worthie, and yet not make the lesse reckoning of thee, sith nothing can bee so pretious as thou.

And let mee make account of man, as nothing more excellent among the things of this world: make mee loue him next vnto thee, either as likest my selfe, or as the child, and therfore like my brother.

And cause all vs euen here to resemble thine heauenlie kingdome, through mutuall loue, where all hatred is quite vanquished, where all is full of loue, and consequentlie ful of ioy and gladnesse.

Soften my heart, O God, that I may be moued no lesse at the necessities and griefes of my neighbors, than if they concerned my selfe.

O most milde & mercifull Christ, I beseech thee breathe vpon mé the spirit of meekenesse and goodnesse.

Put into mee the spirit of mildnes, that I may patientlie suffer both the euill will, the euill speech, and the euill doings of mine enemies.

Be mindefull of mee, O Lord, according to thy mercie: for thy goodnes sake kéep my soule and deliuer me.

So shall I not be ashamed for putting my trust in thee.

Turne my mourning into

ioy,

ioy, rend my sackcloth asunder, and compasse mee about with gladnes, that my tong may sing to thee, in the reioicing of my soule.

My soule hath held out in thy word: yea, my soule hath trusted in thee, O Lord.

O Lord, suffer mee not to enter into the way of sinners, with a minde to fulfill the desires and lusts of the flesh: but whensoeuer through frailenes of my corrupt nature, I shall chance to runne astray, then O Lord stay me, & pluck my feete backe againe.

Defend me, I beseech thée, from such as resist thy right hand: keep me as the apple of thine eie, hide mee vnder the

shadow of thy wings, & from the vngodly that trouble me daily.

I will sing of thy power, and wil praise thy mercy betimes in the morning, O Lord: for thou hast bene my defence in the day of all my trouble.

To thee, O my strength, will I sing: for thou, O God, art my onelie refuge, my Sauior, and my mercifull God: Teach me thy way, O Lord, that I may walke in thy holie truth, all the time & daies of my life.

O Lord heare the praiers of thy seruant, according to thy blessing, so shall I not appeare emptie before thee.

Let

Let my offrings, O Lord, make thine Altar fat, that the smell thereof may be sweet to thee, which art the most high ouer all the earth.

Glory be to &c. As it &c.

A Petition to God.

ALmightie God the Father of mercie, and God of all comfort, which onelie forgiuest sins, I beseech thee accept these my humble prairers, and forgiue my wicked sins, that by the multitude of thy mercies they may be couered, and not imputed vnto me: and by the operation of the H. Ghost, I may haue power and strength hereafter to resist sin, by our sauior and

Lord

Lord Jesus Christ, to whom be praise now & euer, Amen.

Grace before dinner.

ALl things depend vpon thy prouidence, O Lord, thou giuest them meat in due season: thou openest thy hād, and fillest with thy blessing euery liuing thing: good Lord blesse vs, and these thy giftes which we receiue of thy boū teous liberalitie, through Jesu Christ our Lord, Amen.

Grace after dinner.

WE render praise and thankes to thee (O heauenly Father) that thou hast (of thy great goodnes) fed vs liberally with earthlie foode: we

we pray these also to giue vnto vs the comfort of thy heauenlie grace, that we may be mindefull of thy poore creatures which beg at the doore, and thankefull vnto thee the giuer of all, to whō be praise now and euer, Amen.

¶ Euening praier for Tuesday.

GOod Lord God, & louer Sauior Jesu Christ, the Son of the euerlasting God, graunt vnto mee most fraile sinner, & miserable wretch, this grace and mercie, that I may euer haue present before the eies of my soule, thy holy life, thine example & behauiour, & that (for my possibility and

and power) I may in liuing and manners follow the same: and cause mee, good Lord, to profite, grow, and increase therein, to such perfection as may be acceptable vnto thee, for the saluation of my soule. Vouchsafe also, sweet Sauior (I beseech thee) to direct & order all my cogitations and thoughts, al my speeches and words, all my acts & deeds, in thy law & commandements, in thy monitions and counsells: and bind me, good Lord, so wholy to thee, that herein all things doing thy wil, I by thy grace may bee one of the saued soules in Iesu Christ, Amen.

Sup-

Supplications vnto God.

O Lord, I beseech thee to open my mouth, that with my lippes and tongue I may praise thee, and giue vnto thée thankes for all thy goodnes towards me: & I beseech thee to keepe it from all vaine & filthie speech, from all leasings, & from all maner of-fences, ỳ to thee or my neighbour might come thereby.

O God make speed to saue mee.

O Lord make haste to help mee.

Glorie be &c. As it &c.

The Psalme.

LEt thy louing mercie com to me, O Lord, euen thy salua-

saluation, according to thy word.

O turne away mine eies, lest they behold vanitie, and quicke thou me in thy waies.

O stablish thy word of thy truth in my heart: for mine hope is in thee.

O think vpon thy seruant as concerning thy Word, wherein thou hast caused me to put my trust.

O let the word of truth be euer in my mouth: so shall I be able to answer all mine enemies.

O let it bee my comfort in mine aduersitie: and let mee delight therein, when I am in prosperitie.

The proude will haue me er-

exceedingly in derision: yet wil I not at anie time shrink from thy law.

For I haue remembred thy euerlasting iudgements, O Lord, and therein do I receiue great comfort.

O let thy statutes bee my songs, in the time of this my pilgrimage.

I will thinke vpon thy Name, O Lord, in the night season: and at midnight will I rise vp to giue thankes vnto thy name, because of thy righteous iudgements.

I will bee a companion of all them that feare thee, and I will be equall with those that loue thy lawes.

O learne mee true vnder-

standing

standing and knowledge, that I may walke in the land of the liuing.

Thy hands haue made me and fashioned me. O giue me not ouer into mine enemies hands, which seeke daily to spoile and deuoure me. Mine eies long sore (O Lord God) for thy sauing health: O let thy kindnes be my comfort, and let thy louing mercies come vnto me, that I may liue, and loue thy law.

O how sweete are thy words vnto my throat! yea, they are sweeter then honie vnto my mouth.

Let the free-will offerings of my mouth please thee (O God) that through thy commande-

mandements I may get vnderstanding thereby, to hate all wicked waies.

Away from me ye wicked: for I will keep the commandements of my God.

Make mee delight in that which is good, that the proud doe me no wrong.

O looke thou vpon me, and be merciful vnto me, as thou vsest to doe to those that loue thy name.

Deliuer me frō the wrongfull dealings of men, and order all my steps in thy word: so shall no wickednesse haue dominion ouer me.

Mine eies preuent ỹ night watches, that I might be occupied in thy cōmandemēts.

Heare

Heare my voice, O Lord, and consider mine aduersitie: auenge my cause and deliuer me.

Thy righteousnes is an euerlasting righteousnesse: O grant me vnderstanding and I shall liue.

Consider, O Lord, how I loue thy law, all the day long is my studie in it.

Seuen times a daie doe I praise thee, because of thy righteous iudgements.

My lips shall speake of thy praise, yea my tong shall sing of all thy goodnes, for great is thy glorie, O Lord.

I haue lõged for thy sauing helth, O God: O let my soule liue, and it shall praise thee.

Deli-

Deliuer my soule, O Lord, from lying lips, and saue mee from a deceitfull tongue.

For vnto thee doe I lift vp mine eies, O thou that dwellest in the heauens.

Behold, euen as the eies of seruants looke vnto the hand of their maisters, and as the eies of a maid to the hand of her mistris: euen so do my eies wait vpon thee, O Lord my GOD, vntill thou haue mercie vpon me.

Haue mercy vpon me, O Lord, haue mercie vpon mee: else am I vtterly despised.

Do well, O Lord, to those that be good & true of heart.

My helpe standeth in the name of the Lord: which hath made

made both heauen and earth.

Keepe mee, O Lord, from the hãds of the vngodlie: preserue me from the wicked mẽ which purpose dailie to ouerthrow my goings.

O Lord God the strength of my health, let not the vngodlie haue his desire on mee: let not his mischieuous imaginations prosper, lest they be too proud.

Open mee the gates of righteousnes, that I may goo into them, and giue thankes vnto thee, O Lord.

Helpe Lord, for my spirite wareth faint: and my heart within me is desolate.

I will offer to thee thanks and sacrifice: and wil call vpon

on thy Name, because it is so comfortable.

Turne againe vnto thy rest thē (O my soule:) for the Lord hath rewarded thee.

Gracious is the Lord and righteous: yea, our God is mercifull.

I will walke before the Lord in the land of ỹ liuing.

Deale with mee, O Lord, according vnto thy name: for sweet is thy mercie.

O helpe me against my enemies: for vaine is the help of men.

My flesh trembles for feare of thee: and I am afraid of thy iudgements.

The feare of ỹ Lord is the beginning of wisdome: a good vnder-

vnderstanding haue all they that do thereafter: the praise of the Lord indures for euer.

A Song of praise and thanksgiuing to God.

BLessed bee thy Name, O God my King: I will praise thy name for euer and euer.

Euerie date will I giue thankes vnto thee: and will praise thy name for euer and euer.

Great is the Lord, & marueilous worthie to be praised: there is no end of his greatnesse, for his mercie endureth for euer.

One generatiõ shal praise thy name vnto another, and set

set out thy workes from generation to generation.

As for mee, I will be talking of all thy wonders: and sing of thy glorie and praise, all the daie long.

Praise the Lord, O my soule: while I haue anie being will I praise the Lord, yea, as long as I liue will I sing praises vnto my God.

Praise the Lord, O my soule, and all that is within me praise his holie name.

I will make sweete songs vnto thée, O God: yea, according vnto my tune will I make songs vnto thee, and I wil daily praise thee with my songs: in setting out thy holie name, making the temple

to sound thereof.

I wil remember the greatnes of thy name (O God) and I will set forth thy praise for euer and euer.

Glorie be to &c. As it &c.

Lord haue mercie &c.

Christ haue mercie &c.

Lord haue mercie &c.

Our Father which &c.

I beleeue in God the Father Almightie, &c.

O Lord deale not with vs after our sinnes.

Neither rewarde vs after our iniquities.

An humble petition vnto God.

O Almightie and euerlasting God, which not only

onely giuest euery good and perfect gift, but also increasest those giftes which thou hast giuen: I most humbly beseech thee, merciful God, to increase in mee the giftes of grace, that I may persevere and goe forward in the same al the dais of my life. Vouchsafe also I pray thée, ỳ thou wilt of thy mercifull goodnesse accept these prayers which I haue made vnto thee, that I may liue, & loue thy name, & at the last reigne with thee in glory, who art ỳ only God ouer all the earth, to whom be praise for euer & euer world without end.

Grace before supper, as at dinner.
Grace after supper, as at dinner.

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Grace before supper, as at dinner.
Grace after supper, as at dinner.

Praiers at night before you goe to bed.

The confession of a Sinner.

O Lord heare my confession.
And grant me thy remission.

O God and mercifull Father, be mercifull vnto me, for many be the enemies that daily fight against mee. O thou GOD that art most high, I come heere prostrate in heart, confessing mine abhominable wickednesse, both in thought, word and deed, all my life long, wherein I haue offended thy Maiestie. I need not to repeat them, O Lord, to thee, thou knowest where they

they were done, and when: ỹ number of them is innu merable: O Father, the remembrance of them, yea, the remembrance of them is grieuous vnto my heart, for they are against me in thy sight, as the sand in ỹ sea, or ỹ mothes in the sunne, which cannot be nũbred. O Father, they are so odious, detestable, & grieuous to my heart, that without ỹ hope of thy great mercy powred on me, in the death & bloud of thy deare sonne my sauior Iesus Christ, in faith, I should vtterly haue fallen into desperation, and be damned for euer in hell fire, so little help is there in me or in any other creature. But this

is my hope, O Father, that thou wilt giue me true repentance, and then (I trust) thou wilt grant to me, most sinfull wretch of all wretches, ỹ forgiuenes of all my sinnes, and release me from all the paine due for the same. O Father, now for so much as thou hast taught vs to pray, to aske, & hast promised that thou wilt giue, to knocke, and hast assured that thou wilt open: I beseech thee, O Father, grant mee from hencefoorth a continuall and perfect faith & hope only in thee, and in thy sonne Iesus Christ: that I may say, O God the Father haue mercy, O God the Son haue mercy, O God the H. ghost haue

haue mercy vpon me: O holy and blessed Trinitie, three persons and ons God, haue mercy vpon me, and forgiue mee all my sins and wickednesse that I haue committed since I came into this miserable world: for I haue many wayes most grieuously transgressed thy most godlie and blessed commandements, through wicked thoughts, vngodlie lusts, sinfull works and deeds, all my life long: in sin was I borne and conceiued, & there is no good thing in me, insomuch, that if thou shouldest enter into thy narrow iudgement with me, I were not able to suffer or abide it: forgiue me, O Lord,

I beseech thee, forgiue mee, and reconcile me vnto thee, & graunt mee thy grace and fauour, by Jesus Christ my onelie Mediator, with euerlasting life: through the merite of whose bitter death and passion, and through whose innocent bloud-shoading, I beseech thee, O heauenly father, that thou wilt vouchsafe to be gracious and mercifull vnto me, to forgiue and pardon all my sins, to lighten my heart with thy holie spirit, to renew, confirme, and strengthen mee with a right and perfect faith, and to inflame me in loue toward thee & my neighbour, that I may hence forth with a willing & a glad

glad heart, walke as it becō-meth me in thy most godlie & blessed commandements, and so glorifie and praise thee e-uerlastingly. And (O Lord God heauenly Father) for-somuch as thou wilt be pray-ed vnto, and called vpon, for thy manifold mercies, I come now vnto thee right humblie, for whatsoeuer shall bee to mee necessarie in thy sight, calling vpon thee most earnestly, in that heauenlie forme of prayer, which thy dearely beloued Sonne our Sauiour Iesus Christ hath himselfe taught vs, and from the bottome of my heart, crie and say: Our Father, &c.

A thankesgiuing to God.

O Almighty, liuing, true, and mercifull God, eternall Father of our Lord Iesus Christ, which, together with thy Sonne and the Holy Ghost, hast created the frame of this world, with all things therein obtained, and preseruest the same as yet, according to thy free pleasure, (whereby thou deseruest more praise then I can expresse) I will magnifie thee in the great congregation, and amongest much people will I praise thee, and will sing to thee among all nations: for thy mercy is great aboue the heauens, and thy truth reacheth vnto

vnto the cloudes. Bleſſe the Lord, O my ſoule, and al that is within mee praiſe his holie name: for it is thou, O Lord, which of thy aboũdant grace and great mercy, haſt preſerued me this day from the cruelty of Satan, and from ſundrie perilles and calamities: Thou haſt ſhewed mee great troubles, notwithſtanding thou returnedſt & reuiuedſt me: thou haſt frowned vpon me, yet (merciſull Lord) thou haſt heard my prayers. Therfore will I remember thee in my bed, and I wil thinke vpon thee, when I am waking. Incline thine eare, O Lord, make haſte to deliuer me this night, that no euill happen to

me:

me: so gouerne and preserue mee in sleepe, that my soule come not into danger: let me in sleepe feele the sweetnesse of thy most excellent cōforts. And when I awake, let mee know that thou onelie hast protected mee: when sleepe hath ouerwhelmed mee, lay thou thy hand on mee, that when my sleep is past, I may rise to praise thy holie and blessed name.

The Conclusion.

GOd the Father, &c. keepe me sleeping, saue mee waking, and protect mee this night and euer, Amen.

For Wednesday, a Morning Praier.

ALl thankes that I can possibly giue, I render vnto thee, O Lord, Iesus Christ, for that thou hast willed this night past to be prosperous to me: I beseech thee likewise to prosper all this same day vnto mee, for thy glory, and for the health of my soule. O thou which art the true light, not knowing any going downe, and which art the Sunne eternall, giuing life, foode, and gladnesse vnto all things: vouchsafe to shine into my minde, that I may not any where fall or stumble into sinne: indue mee

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mee

me with thy holie spirit, that I may not thinke, speake, or doe any thing this day, but ý which may please thee, & tend to the aduancemẽt of thy glory, & health of my soule. Gouern thou my vnderstanding and will, and so direct all the cogitations of my heart, that I may be wholly thine, my God, & Redeemer, to whom be praise for euer, Amen. Our Father which &c.

Supplications to God.

O Lord open thou my lips, and guide me by thy holy spirit to a trus acknowledgement of all my sins: that my prayers may be heard of thee, in ý name of Christ thy son.

O God make speed to saue me.

O Lord make haste to helpe me.

Glory be to &c. As it &c.

The Psalme.

VNto thee, O Lord, I lift vp my soule, O my God heare me: my soule longeth for thee, my flesh thirsteth after thee in a barren and drie land, where no water is, to see thy strength and glorie.

Lighten my minde this morning, with the shining & clearenesse of thy wisedome.

Giue me the spirit of wisedom and reuelation, through the confession of thee: that I may know what my hope is.

Fill

Fil me with thy mercy in the morning: so shal I be glad and reioyce all the day long.

O most merciful God, turn thine eies of compassiõ vpon me: & haue mercy vpon me.

Lok on me with thy fauorable countenance: and turne not thy face from thy seruãt. Assist me with thy fauor, that I may do thy will: open mine eies that I may sée & consider ỹ wõderful things of thy law.

Make mee in the morning betimes to behold thy glorie, and in the night to sing of thy praise.

O God, the guider of my life, forsake me not, neither giue me a prowd lok: & turne frõ me the filthines of ỹ flesh.

O Lord God and father, I beseech thee by Christ our Lord, that of thine infinite mercie thou keep me, so as at no time I follow the counsell either of the vngodly, which know thee not, or of hypocrits, which with their harts seeke thee not.

Keepe me that I sit not in the seat of pestilent scorners, which cloaking their owne Pharisaicall and diuelish intents, condemn in other men thy veritie and Gospel.

O bring to passe ý I may burne in ý desire of thy lawe, that vpon the aduãcement of thy word, my minde may alwaies be occupied, ý I may euermore chose that which is most

most pleasant in thy sight, & hate that, both in my selfe, & others, which is displeasant vnto thee.

Make me, I pray thée, that I may be a tree plãted by the sweete Riuers of thy ghostlie waters: to th'intent that whẽ I am so placed, I may bring forth fruit to thy glorie & the profit of my neighbor, as often as thou shalt minister time and occasion thereunto.

Assist me, I beseech thee, & for Jesus Christs sake, let all things prosper with me what soeuer I shal do in thy name. Grant me also, O most mercifull father, that I may take root in the ground of life, lest that with the vngodlie, like chaffe

chaffe & dust, I be blowne abroad with that most pernicious winde of worldly vanities. Grant that I may stand in the assembly of the righteous, and that I may enter into iudgement without punishment, and that I may escape euerlasting damnation.

O Lord, thou art sweete and rightfull, and bringest againe into the way them that went out.

Haue mercie vpon me, O GOD, I beseech thee haue mercie vpon mee: for in thee my soule trusteth.

Verily, my soule hath a speciall respect vnto thee: for my health, my glorie, and all my strength commeth from thee,

moſt pleaſant in thy ſight, & hate that, both in my ſelfe, & others, which is diſpleaſant vnto thee.

Make me, I pray thée, that I may be a tree plãted by the ſweete Riuers of thy ghoſtlie waters: to th'intent that whẽ I am ſo placed, I may bring forth fruit to thy glorie & the profit of my neighbor, as often as thou ſhalt miniſter time and occaſion thereunto.

Aſſiſt me, I beſeech thee, & for Jeſus Chriſts ſake, let all things proſper with me what ſoeuer I ſhal do in thy name. Grant me alſo, O moſt mercifull father, that I may take root in the ground of life, leſt that with the vngodlie, like

chaffe

chaffe & dust, I be blowne abroad with that most pernicious winde of worldly vanities. Grant that I may stand in the assembly of the righteous, and that I may enter into iudgement without punishment, and that I may escape euerlasting damnation.

O Lord, thou art sweete and rightfull, and bringest againe into the way them that went out.

Haue mercie vpon me, O GOD, I beseech thee haue mercie vpon mee: for in thee my soule trusteth.

Verily, my soule hath a speciall respect vnto thee: for my health, my glorie, and all my strength commeth from thee,

thee, O Lord my God.

For thine owne sake, O Lord, lay not my sins to my charge: I vnderstand not mine errours, innumerable troubles close me in on euery side: my sinnes haue taken such holde vpon mee, that I am not able to looke vp.

Put to thine hand to help mee, in al my workes: that no sinne ouercome mee. Set a watch before my mouth, and keep the doore of my lippes.

Let the wordes of my mouth, and the meditation of mine heart, be euer pleasant and acceptable in thy sight.

Let the words of truth and knowledge neuer goe away from my mouth, and suffer

no

no malice to dwel in my hart.

O Lord, deliuer my soule from lying lips: and saue me from a deceitfull tongue.

Put into my mouth thy true & holy word, & take from mee all idle and vnfruitefull speech: deliuer me from false surmisers and accusers of me: rule me as thou thinkst good, after thy will and pleasure.

Turne from mine eies the beholding of vaine things, & fasten them in thy waie.

Take from me fornication and all vncleanneſſe: and let not the loue of the flesh beguile me.

Yea deliuer my soule from pride, that it raigne not in mee: and then shall I bee cleane

cleane from a great sinne.

Stay and keepe my feete from euery euill way, lest my steps swarue frō thy paths.

Mine eies lōk vp euer vnto thée, O Lord, because thou art nigh at hand, and all thy waies be truth.

Thy mercies be many and great, O Lord: blessed is that man that putteth his trust in thee.

For when I said vnto thée, my feet slipped, thy mercy, O Lord, did by and by hold mee vp.

Giue mee vnderstanding to doe thy will: and leade me right in all thy paths.

O saue my soule, and deliuer me frō the power of darknesse,

nesse, which is a swoꝛd of thine.

Let the bꝛightnesse of thy face shine vpon thy seruant: foꝛ vnto thee, O Loꝛd, haue I fled foꝛ succour.

Loke vnto mee, and haue mercie vpon mee: foꝛ I am desolate and powꝛe.

Keepe my soule & deliuer me, that I bee not confounded: foꝛ I haue alwaies trusted in thee.

O Loꝛd, I beseech thee foꝛsake me not, although I haue done no good in thy sight.

Let mee depart from those things that are wicked: that my sins may turne from me.

Let me not be faint-hearted when I make my pꝛaier, neither

neither disobedient to thy feare, O Lord.

Order my way aright, for my trust is in thee: hold mee fast in thy feare, that I may grow old therein.

Giue me thy feare, O Lord, that I may loue thee: and my heart shall be lightened therewith.

Was there euer anie confounded that put his trust in the Lord: or who hath continued in his feare, & was forsaken: or whō did he euer dispise, that called vpon him?

Thou, O God, art gracious, and forgiuest sins: I beseech thee of thy goodnes pardon my faults past, & graunt mee, that at the leastwise I

may

may now begin to liue well, & euer hereafter persuere in thy feare & seruice to the end. Glorie be &c. As it was &c.

¶A Petition vnto God.

O heauenlie Father, I yeild thee most humble and hartie thankes, for that thou hast patiently heard my prayers. I beseech thee suffer mee not to perish in the multitude of my sinnes, but assist me with thy holie spirit. And as thou hast commanded me, good Lord, so do I come vnto thee, praying for the gift of al these requests: and especially (O Lord) I begge of thee the gift of firme faith stablished in thy truth, that I holding

for my defence, may be safely armed against al my enemies with the help of Iesus Christ my Sauiour, to whom bee praise for euer, Amen.

¶ Grace before dinner.

O Heauenly Father, which art the fountaine and ful treasure of all goodnesse, wee beseech thee to shew thy mercis vpon vs thy children, and sanctifie these gifts which we receiue of thy mercifull liberalitie, graunting vs grace to vse them soberly and purely, according to thy most blessed will, through our Lord and Sauiour, Amen. God saue his Church, &c.

¶ Grace

¶ Grace after dinner.

WE thanke thee, O God of heauen, for these thy benefites which wee haue receiued: giue vs grace, we beseech thee, that wee may remember continually to seeke the spiritual food of thy word, wherewith our soules may be nourished euerlastingly, through our Sauiour Christ, to whom be praise for euer, Amen.

¶ Euening prayer for Wednesday.

O LORD which art the strength of all [illegible] trust in thee, I beseech [illegible] let the voice of my [illegible]

come into thine eares, & hearken vnto the voice of mine humble desires. Cast thine eies of mercie vpon my miseries, deliuer mee from them which hate me, and mercifully assist mee which call vpon thy name. And forsomuch as mine infirmitie can doe nothing without thee, graunt I most humblie beseech thee, the helpe of thy spirit, that liuing according to thy Commandements, both in wil and deede, I may euer please thee: and that I (which am thy seruant) may incessantly giue glorie vnto thee, & dwell continually vpright and perfect in thy houshold, & chiefly in time of tribulation. Let mee

alwaies lift vp pure hãds vnto thee, saying continually this prayer: I beseech thee (O Lord) blesse mee which hast created heauen and earth, the sea, and all that is contained therein, to thee be praise for euer, Amen. Our Father, &c.

Supplications vnto God.

O Lord open thou my lips, that my mouth may laud thee: dispose mine heart, that I may celebrate and honour thy holie name.

Giue vnto my heart a continuall care of obseruing thy lawes, that I may not anie way offend thy Maiestie, or be hurtfull to my neighbour.

The daily Exercise

O God make speed to saue mee.

O Lord make haste to helpe me.

Glorie be &c. As it &c.

The Psalme.

BE mercifull vnto mee (O Lord) be mercifull vnto me, for my soule trusteth in thee: and vnder the shadow of thy wings shall be my refuge.

O Lord declare thy fidelitie and great goodnes toward me: and deliuer me according to thy promise.

I call vpon thee (O my god and Father:) strengthen me, giue power and vertue to my soule,

soule, that I may praise thee and thy goodnes.

Let thy strong hand overcome mine enemies: and bee on my side against them.

Deliuer mee from all dangers of the bodie: and for the loue of thy holie name, keepe my soule from all euill.

There is nothing in mee, which thou knowest not: neither is there anie thing in me which is not in thy hands.

For thou hast created mee, and furnished me with all necessarie things, frō my childhood vntill this daie, and this present houre.

I cannot worthilie and enough praise and extoll thy great and admirable prouidence,

dence, neither yet am I able to comprehend it.

But, what requirest thou of vs, but only that we should giue our selues wholie vnto thee, and submit our selues to thy holie wil in all that belongeth to the necessitie both of our bodies and soules.

Wherefore I beseech thee (O good GOD) to take the charge of mee thy seruant through thy great goodnesse.

Grant that with a stedfast faith I may hope and trust altogether in thee.

And when I shalbe in anie danger, let mee not looke for anie succour elsewhere, but of thee.

Trie, proue, & examine my heart

heart (O Lord) and purge it.

Take from me all euill cogitations & vaine thoughts, all deceits and lying.

Deliuer me frō the hands of wicked & obstinate men: and conduct me blessedly into thy good and eternall waie.

Kæpe me (O Lord) that I fall not into their hands: and let not thē vse mee after their foolish fantasies.

Be thou a couert and a shadow to my head, when I shal be assaulted: and let not the wicked & proud persons procede against me.

Reuenge my cause (O Lord, when I am oppressed, that I may praise thy holie Name with an vpright and

pure heart, and with a ioyful and merry countenance.

Let my prayers be a sweet sauour before thée: and let the lifting vp of my hands bee an euening sacrifice.

Let mee praise thee with such honour and worship, as duly belongeth vnto thee.

Let me not liue dissolutely with the peruerse and wicked people: but frame my life in such sort, that I may liue in thy feare.

Let me not studie to excuse mine impietie, and other my enormous and foule offentes, as hypocrites be accustomed to doe.

Let not my life be led after their vile appetite and desire, but

but ruled according to thy good and holie will.

Let me not giue eare vnto the inticemẽts of the wicked, seducing mee to filthines and euill: but rather let me be attentiue to heare the righteous reproouing mee earnestly.

O Lord, let mee euer cast mine eies vpon thee, let mee hope allways in thee, and stay me wholly vpon thee, that I may be saued through thee.

Cast not away my soule, neither let mee perish in the vanities of my fond and foolish mind.

Deliuer me from ỳ snares which be laid to trap mee in, and saue me from ỳ deceitfull conspiracies of the wicked.

Grant

Graunt that the oile of sanctification (which is thy holie spirit) be flaming within me continually.

Graunt likewise, that the deaw of thy holie blessing may fall upon mee, with increase of all good things.

Bring to passe I beseech thee (O Lord) that thy word may sticke in my heart, and take deepe roote in my soule.

Worke so within me, ỳ the diuel take not away ỳ seed of thy word sowne in my heart.

Grant, that when I haue at anie time heard thy word, I may receiue ỳ same to my learning, and amendment, comfort & instruction, which is in righteousnes, and in an honest

honest and good conscience.

Graunt that I may bring forth fruit with patience, and continue in the same all my life long, and not to be tossed and carried about with euerie blast of vaine doctrine.

O holie Spirit, kindle my cold heart with the fire of thy loue, cherish mee with thine healthfull heat, and purge me from the filthines of my corrupt nature.

Worke in mee righteousnesse, and a life to thy liking, that all my prayers may bee acceptable in thy sight.

Make me diligẽt in the studie of thy word: & beate into my minde a true feare & loue of thy Name, ỽ I may praise

thee

thee world without end.
Glorie be to &c. As it &c.

A Song of praise and thanksgiuing vnto God.

BLessed bee the Lord my strength, which teacheth my hands to worke, my fingers to fight, and my mouth to praise him: his mercie endureth for euer.

Blessed art thou, O God, for thou art my fortresse, my castle, my deliuerer, and my defender against all mine aduersaries: in thee onelie will I trust, for thy mercie is euerlasting.

Euerie daie will I giue thankes vnto thee, and praise thy name in my songs, in my say-

sayings, & in all my doings, for thy mercie is marueilous, and endureth for euer.

Great is the Lord, & marueilous worthie to bee praised, there is no end of his greatnesse: for his mercie endureth for euer.

Blessed are they that dwel in thy house: for they will be alwaie praising thy name, euen for euer and euer.

I will magnifie thée, O God my King, and will sing a new song vnto thee, & praise thy name for euer and euer.

Glory be to &c. As it was &c.

Lord haue mercie &c.

Christ haue mercie &c.

Lord haue mercie &c.

Our Father, which &c.

I beleeue in God the Father Almightie &c.

O Lord deale not with vs after our sinnes.

Neither reward vs after our iniquities.

A Petition vnto God.

ALmightie God, which hast promised to heare y petitions of them that aske in thy Sons name, I beseech thee mercifullie to incline thine eare vnto me, that now haue made my prayers & supplications vnto thee. And grant that those things which I haue faithfullie asked according to thy holie will, may effectuallie be obtained to the releefe of my necessitie, and to

the

the setting foorth of thy glorie. And also giue mee grace that I may be alwaies mindfull and thankefull for these & all other thy most gracious benefites, which thou so louinglie hast bestowed vpon me, to my great comfort: To thee be giuen all praise, all honour, and glorie, Amen.

Grace before Supper, as at dinner.
Grace after Supper, as at dinner.

Praiers at night before you goe to bed.

Hearken vnto me, O Lord, I beseech thee.

And let my praiers ascend vnto thee.

¶ A praier to our Sauiour Christ.

O Maker of Heauen and Earth, King of kings, & Lord of lords, which of nothing didst make me to thine image and likenes, and didst redéme mee with thy most precious blood, whom I a sinner am not worthie to name, nor with mine heart to thinke vpon, I humbly desire thee, & meekly praie thee, that gentlie thou behold me a wicked seruant, & haue mercie on me, which hadst mercie on the woman of Canaan, & Mary Magdalen, which didst forgiue the poore Publican, & the thiefe hanging vpon the

Crosse.

Crosse. Unto thée I confesse my sins (most gracious God) which if I would, I cannot hide frō thee: haue mercie on me (O Christ) for I wretch haue sore offended thee, in pride, couetousnes, in gluttonie, in lecherie, in vaine-glorie, in hatred, in enuie, in adulterie, in sporting, in dissolute and wanton laughing, in idle words, in hearing, in talking, in sleeping, in touching, in thinking, in working, & all waies, in which I frayle and most wretched sinner might sinne. Therefore I do most humbly pray & beseech thy goodnesse, which for my health descendedst frō heauē, who vouchest hold vp Dauid,

that

that he should not fall into sin, haue mercie vpon mee, O Christ, which forgauest Peter that denied thee. Thou art my helper, my Creator, my Maker, my Redeemer, my Gouernor, my Preseruer, my Father, my Lord, my God, and my King. Thou art my hope, my trust, my helpe, my strength, my defence, my reception, my life, my health, and my resurrection. Thou art my stedfastnes, my refuge and succour, my light & help. I most humblie and heartilie desire and pray thee to helpe me, defend me, make me strong and comfort me: make mee stedfast, make mee mercifull, giue me light and visit me, illu-

mine

vine me againe that am dead: for I am thy making and thy worke, O Lord despise mee not: I am thy seruant, yea thy bondman, although euil, although vnworthie, & a sinner. But whatsoeuer I am, I am euer thine. Therefore to whom shal I flie, except I flie to thee? If thou cast me off, who shall or will receiue me? if thou despise me, and turne thy face from mee, who shall looke vpon me, or recognize & acknowledge me? Yea, although I am vnworthie to come vnto thee, being vile & vncleane: yet (though I bee vile & vncleane) if thou wilt, O Lord, thou canst make me cleane: if I be sicke, thou can

heale

heale me: yea, though I were dead & buried, thou canst reuiue me, & raise me vp again. Thy might & mercie is much more then mine infirmitie & iniquitie, and thou canst forgiue more then I can offend. Therefore, O Lord, consider not, nor haue respect to the number of my sins, but according to thy mercie forgiue me, and haue mercy vpon me (most wretched sinner.) O Lord, say to my soule, I am thy health, which hast said, I will not the death of a sinner, but rather y he would turne and be conuerted vnto me. O omnipotent and mercifull God, the Father eternall, seeing thou despisest not a sin-

ner,

ner, bewailing with a cõtrite heart for offending thy high Maiesty: I pray thee by thy grace to draw mee nigh vnto thee, and to heare my prayers, and to forgiue me mine offẽces, and to comfort me in my afflictions. And, O Lord, forgiue them that oppresse mee: and so defend mee, that my ghostly enemie haue no power to deuoure me, as he desireth, but that I may strongly withstand his fraude and snares to my cõfort. And finally graunt that I may die in the true faith, & rest with thee in thy euerlasting kingdome, Amen.

¶ A thankesgiuing vnto God.

O Lord God, which art my life, and the length of my daies, mine vpholder, protecting mee from my youth: I thanke thee this euening, and with my lips and heart, and all the powers within mee, I extoll thy wonderfull & marrellous goodnesse, that thou hast defended mee this day against all aduersities both of body and soule. O Lord, vnto thee doe I crie, heare mee now this euening tide: for I doe offer vnto thee the continuall sacrifice of thankesgiuing, praising thy goodnesse for thy mercifull protection & defence.

defence. In thy sight doe I poure out my prayer, that ye maiest pardon all mine offences, & specially those which I haue cōmitted this daie in all mine actions. Bring not into thy iudgement, O Lord, all my idle & vaine wordes: pardon my babbling and friuolous speech, and impute not my foolishnes vnto me. O cōfort the heart of thy seruant: for vnto thee, Lord, do I lift vp my soule. O holie Trinitie, I beseech thee protect me this night, that the diuel haue no power ouer me. O father, gouerne me by thy power. O Sonne, reuiue me with thy wisdome. And lighten me, O holie Ghost with thy vertue.

O my Creator, bee present with me, O my Redeemer, aide me, O my Comforter, abide with me. Giue mee this night a good sleepe, that without cares & anguish of minde I may rest quietly: let not troublesome dreams & fantasies disquiet me, let my sleepe be sweet and healthfull to my bodie and soule, that rising in the morning in good health, I may praise thy holy name. Also I beseech thee graunt, that both sleeping and waking I may alwayes remember my death, which is a passage to my immortall life, by the ioyfull resurrectiõ to euerlasting glorie: to thee be praise world without end, Amen.

The

The Conclusion.

O Lord blesse me, and keepe me, make thy face to shine vpon me, and be mercifull vnto me: O Lord, lift vp thy countenance vpon mee, & giue me thy peace this night, and euer, Amen.

¶ For Thursday, morning praier.

O Lord Iesus Christ, to whom, and before whom all things are manifest and plaine: which sufferest not a Sparrow to light vpon the ground without thy prouidence, and which in times past (by thy holy Spirit) didst guide our forefathers, Abra-

ham, Isaac, and Iacob, in thy paths and wayes: which against the going of yong Toby into a strange coũtry, prouidedst thine Angell to be his guide: graunt mee this daie, most wretched sinner, whom by thy word thou dost incourage to call vpon thee in all times of necessity, that I may haue thy holie Spirit to direct my paths & waies that I may liue according to thy godlie will & pleasure, to the profit of my neighbour, & the glorie of thy name, which liuest and raignest world without end, Amen. Our Father which art &c.

¶ Supplications to God.

O Lord open thou my lips, ỹ my mouth may speake & praise thee. Couer me with thy grace, that so I may be blessed, & abiding in the house of thy congregation, may acknowledge & call vpon thee, and sing of thy praises euer.

O God make spæd to saue me.

O Lord make haſt to help me.

Glorie be to &c. As it was &c.

The Psalme.

VNto thee will I crie, O Lord my strẽgth: thinke no scorne of me: lest if thou make as though thou heareſt not, I become like them that goe downe into the pit.

Heare the voice of my hũble petitions now I crie to thee, holding vp my handes towards the mercie-seate of thy holie Temple.

O plucke mee not awaie, neither destroie mee with the vngodlie and wicked doers, which speak friendlie to their neighbors, but imagine mischiefe in their hearts.

Behold (my God) I heere offer my selfe a morning sacrifice to thee: a troubled spirit, a broken and hũble heart, O God, thou wilt not dispise.

Make mee fit, that I may likewise offer vp my bodie, a liuing sacrifice, holie & acceptable vnto thee, which is a reasonable seruice, and grate-

full

full obedience vnto thée.

Compasse mé about with the watch of thy Angels, that they may pitch their tents about me, & encounter with Satã to defend me from euil.

Giue thine holie Angelles charge of me, that they protect me in all my waies: lest happily I hurt my foote against a stone.

Remember (O Lord) thy tender mercies and louing kindnesses, which haue bin euer of old.

Remember also that I am but flesh: a wind that passeth and commeth not againe.

O Lord, I beseech thee remit mine iniquities: couer my sinnes, and impute not

my faults vnto mée.

Purge me, O God, from my secret offences: and kéepe me from presumptuous sins.

Let me taste the sweetnes of thy benignitie: that I may be certaine of the remission of my sinnes.

Giue me the knowledge of saluation, in the remission of my sins, that I may perceiue in my minde both comfort, peace, and gladnes in the holie spirit, which may begin in me a new life.

Quench all the motions of my mind striuing with thy diuine pleasure: and restore in mee the image of thy light which was lost.

Deliuer mee out of the hands

hands of mine enemies, that I may serue thee in feare, in holines and righteousnes all the daies of my life.

Kéep me, O Omnipotent God, from all fantasticall opinions, from seducing spirites, which sow errours and deadlie contentions in thine holie Church.

Kéep me also (O heauenlie Father) from false teachers, which priuily bring in pernicious sects, and deny euen the Lord which hath dearelie bought vs with his pretious bloud.

Cause thy word, O God, to sound in mine eares purelie and sincerelie, and make me follow the same with my

whole heart earnestly.

Be thou my good shepherd, O eternall God: so shall I want nothing.

Put mee in places of thy greene pasture: and bring me to the waters of comfort.

Lead me in ỹ paths of righteousnes for thy names sake, that I may haue hope, & not bee confounded, in the daie when thy Sonne our Sauiour shall appeere to iudge both the quicke and the dead.

Grant mee thy grace, that the fruits of thy most sacred passion, may worke effectually and profitably within me.

Let not the labour which thou hast taken, and the pain which thou hast suffered for my

my redemption, be daine thorough mine vngratefulnesse.

Kindle in my breast a liuelie faith depending vpon thy benefits: that being deliuered from the feare of Hell, I may finde righteousnesse in thee, with eternall life.

Helpe my weake and sicke faith, which is like the graine of mustard-seede within mee, that increasing daily more & more, it may take deepe rote, and remaine firme and vnmoueable.

Extinguish all doubtings of thy prouidence, sticking within my corrupt nature: and let mee not mistrust thy promise of eternall

and

and corporall benefits.

Grant me, I beseech thee, O heauenly Father, that my faith be not bare, nor vaine, nor dead, without good workes and fruits of the spirit.

But let me worke effectually by charitie, ỳ I may receiue the end of my faith, euen the saluatiõ of my soule.

Grant, O Lord God, that I may be pure in spirit, humble in heart, sorrowfull in mind for mine offences, and with all mine heart hunger & thirst after righteousnesse.

Make mee louing and courteous, liberall, and pittifull, pure in heart, & a peace-maker: likewise, in persecution pati-

patient, and that I neyther take nor giue offence to anie.

Let me exercise my faith in the works of charity & mercy, feeding the hungrie, giuing drink to the thirstie, clothing the naked, lodging strangers, comforting the weak, and visiting the imprisoned.

Let me be as a father vnto the fatherlesse: and as an husband vnto their mother.

Graunt that I may neuer defraud ye poore of his liuing, nor make the needie eies to wait long.

Let mee not trouble the heart that is grieued: nor deserre the help of the needy.

Let me be curteous to the company of the poore: and humble

humble my soule vnto the elder, and performe all my doings with meekenesse.

It is not meet to despise ỹ poore man that hath vnderstanding, neither is it conuenient to magnifie the rich, that is a wicked man.

The great man and the Iudge, and the man of authoritie are honourable: yet there is none greater than hee that feareth the Lord.

The blessing of the Lord is in the waters of the godlie, & he maketh his prosperity soon to flourish.

In my good state I will remember aduersitie, and in aduersity I will not forget prosperitie.

Prosper

Prosper me, O God, in all my workes: for I do submit my selfe wholly vnto thee, and wait vpon thy hand.

O Lord, I beseech thee be present with me: and poure out thy mercie vpon me.

And (O Lord) I humblie pray thee of thine abundant goodnes & mercy, that in thy last iudgement, I may heare that ioyfull and most comfortable voice of thy welbeloued Sonne, saying:

Come ye blessed of my Father, inherit ye the kingdom prepared for you from the beginning of the world: where I beseech thee (O Lord) grant that I may dwel with thee for euer. Glory be &c. Amen &c.

¶ A Petition vnto God.

O Lord God, Father euerlasting, and full of pitie, I beseech thee most mercifully to turne thy louing countenance toward me, and impute not vnto me my manifold sinnes and offences. And seeing of thy great mercie y hast patiently heard my prayers, I beseech thee to increase my faith and knowledge, and to lighten my heart with thy holie spirit, that I may liue in godlie conuersation & integritie of life. And (O Lord) whereas wee can not of our selues purchase thy pardon, yet I humbly beseech thee for Jesus Christs sake to shew

thy mercy vpon me, & receiue me into thy fauor. Grant me (deare Father) these my requests, & all other things else, which shall be most necessary for my saluation, according to thy promise in Iesu Christ our Lord, Amen.

Grace before dinner.

O Almightie and mercifull Father, man liueth not by bread alone, or by his own wisedome, but by thy decree wee enioy life and all things else. Giue vs wee pray thee, not onlie store of all things to the necessitie of our life: but grant also to our meate and drinke, vertue and power to relieue and strengthē our bo-

dies

dies, that we therby may liue and glorifie thy name, now and euer, Amen.

Grace after dinner.

ALbeit (O mercifull Father) we haue fedde on meate & drink, yet we ascribe not our life to the vertue of ỹ same, but altogether wee depend vpon thy will & pleasure: we blesse thee, we praise thee, both for this and al other thy benefits, who liuest and reignest world without end. Amen. God sane the church, &c.

¶ Euening praier for Thursday.

OMost mightie God, King of all the world, which by thine

thine holie Spirit hath commanded, that supplications, praiers, intercessions, and thanksgiuings be made vnto thee: I humbly beseech thee, that thou wilt vouchsafe to look on me with thy fatherlie eies of pittie, & hearken to the voice of my humble desires, & graunt that I may obtaine those things which I shall faithfully aske, pleasing thy goodnesse, to the profit & furtherance of me and my neighbour, & to the honor & glorie of thy holy name, who liuest now and euer, world without end, Amen. Our Father which art in heauen, &c.

Sup-

Supplications vnto God.

O Lord open thou my lips, and let my mouth shew thy praise in the great Congregation: ioyne mee to that companie which doe worship thee continually, that I may be a citizen of thy kingdome.

O GOD make speede to saue me.

O Lord make haste to help me.

Glorie be &c. As it &c.

The Psalme.

DEliuer mee from mine enemies, O God: and defend mee from them that rise vp against me.

O keepe me from the wicked

ked doers, and saue mee from the bloud-thirstie men.

My strength wil I ascribe vnto thee: for thou art the God of my refuge.

Through thee I shal be able to doe great acts: for it is euen thou that shalt treade downe our enemies.

From the ends of ẏ world wil I call vnto thee, O Lord, whē my heart is in heauines.

My soule continually waiteth vpon thee, my God: for of thee comes my saluation.

To whom then shal I flee, but vnto thee? O Lord heare me, and be merciful vnto my sinne, for it is great.

Hide me from ẏ gathering together of the froward, and from

from the insurrection of wicked doers.

My misdeedes prevaile against mee: O bee mercifull vnto my sinne.

Blessed is the man whom thou chosest & receivest vnto thee: for he shall dwell in thy courts, and be satisfied with the pleasures of thine house, even of thy holie Temple.

O thou that makest ỳ outgoings of the morning and evening to praise thee, have mercie vpon me, and forgive me my great offences.

Let me imbrace discipline, and kisse thy Son my Saviour, lest happily he be angry, and so I perish.

O eternall God, I beseech thee,

thee, that in euerie thing, and in all things I may obey thée (who art the moſt mightie king of the whole worlde) and that in true faith and godlie feare I may euer ſerue thee.

Aide me with thy comfort, whereby I may with a patient minde ſuffer the troubles which in this laſt and doting age of the worlde do more and more increaſe vpon vs.

Hearken vnto the prayers & ſighs of thy ſeruant, which crieth vnto thee, and aide mée as thou didſt the children of Iſrael, whoſe miſerie and bondage thou didſt behold, deliuering them from the grieuous ſeruitude of Egypt.

Keepe mee alſo from idola-

trous

trous and vngodlie Magistrates, that I be not vnder the yoke of Infidells & Ethnickes.

Deliuer me not into their hands: for they haue said in their heart, God hath forgotten, he turneth away his face and will neuer see.

Wherfore (O Lord) arise, lift vp thine hand, and forget not the poore.

Arise vp (O Lord) in thy wrath, and lift vp thy selfe against all thine enemies.

Arise, why sleepest thou, O Lord? Awake, and bee not farre from me for euer.

Wherfore hidest thou thy face? wilt thou forget all my miseries and afflictions?

Helpe

Help me, and redeeme me, O Lord, for thy names sake: lest mine enemies say, I haue preuailed against him.

Deliuer me Lord from the handes of strangers, whose mouths talke of vanitie, and their right handes are full of wickednesse.

O God of Sabaoth, fight against all them that fight against me, lay hand vpon the shield and buckler, and stand vp to help me.

Bring vp the speare, & encounter with the which persecute me: that I may know thy saluation vpon earth.

Breake thou the armes of the vngodly in pieces, to take their strength, bring all their

counsells to nought, for thou art the Lord.

O God, send out thy mercy & truth, and take my soule from the midst of them that compasse me about.

O Lord God of my salvation, day & night do I cry vnto thee, when mine eies are troubled through griefe and bitternesse of my soule.

I poure out my teares before thee, and in my chamber I beseech thee humblie, that thou wilt cover and put awaie all mine offences.

I beseech thee likewise, that thou wilt hide al mine iniquities, and drowne all mine offences in the bottome of the sea, that they be neuer seene

with

with eies, nor come forth to iudgement.

O my God, I blush, & am ashamed to lift vp mine eies vnto thee: because my sins are more then the haires of mine head.

Yet (O Lord) thou art righteous, and all thy iudgements are true.

Remember mee, and looke vpon me, according to the aboundance of thy grace, and thinke not vpon the number of mine offences.

O blessed Light, without thee nothing is within mee: wash me that am filthie: water me that am drie: heale me that am wounded, and giue me euerlasting comfort, tho-

row Jesus Christ our Lord and Saviour, Amen.
Glory be to &c. As it was &c.

A Song of praise and thanksgiuing to God.

BLesse the Lord (O my soule) & all that is within me, praise his holie name: for his mercie is euerlasting.

His name only is excellēt, and his praise aboue heauen and earth, and his mercie endureth for euer.

Blesse ỳ Lord, O my soule: for it is a good thing to sing praises vnto the Lord, for his mercie endureth for euer.

O praise ỳ Lord my soule: it is an excellent thing to declare

clare his louing kindenesse in the morning, and to speake of his truth in the night season.

O my soule, praise ỳ Lord, I will praise the Lord all my life time, I will sing vnto the Lord while I haue breath, for his mercie endureth for euer.

Blesse ỳ Lord, O my soule, & praise him all ye Nations, for his mercie is euerlasting, and world without end.

Glorie be to &c. As it was &c.

Lord haue mercie &c.

Christ haue mercie &c.

Lord haue mercie &c.

Our Father which art &c.

I beleeue in God the Father Almightie &c.

O Lord deale not with vs after our sinnes.

Neither reward vs after our iniquities.

¶A Petition vnto God.

O GOD the holy Ghost, which proceedest from the Father and the Son, harken, I beseech thee, vnto these my supplications & prayers which I haue made to thee: and teach me miserable man the true vnderstanding of thy word, whereby I may liue and feare thee, world without end, Amen.

Grace before supper, as at dinner.
Grace after supper, as at dinner.

Prayers at night before you go to bed.

A prayer for the true sense and feeling of Gods favor and mercie.

Hearken, O Lord, and consider.

Incline thine eare to my prayer.

O My Lord God, and deare father, what shall I say, that seeis all things to be in a manner unth mee as in the wicked? Blind is my minde, crooked is my will, and perverse concupiscence is in mee as a spring or stincking puddle. Oh how faint is faith in me! how little my love is to thee or thy people! how great is selfe-love! how hard is my heart, by reason whereof I am

moued to doubt of thy goodnes toward me, whether thou art my mercifull Father, and whether I be thy child, or no. Indeede worthily might I doubt; if that the hauing of these were the cause, & not the fruit rather of thy children. The cause why thou art my father, is thy mercy, goodnes, and grace and truth in Christ Iesu, the which can not but remaine for euer. In respect whereof thou hast borne mee this goodwill, to bring me into thy Church by baptisme, & to accept me into the number of thy children, that I might be holie, faithfull, obedient, & innocent, & to call me diuerse times by thy Word into thy

Kingdome

kingdome: besides thy innumerable benefits alwayes hitherto poured on mee, all which ỹ hast done of thine owne goodwil & mercie which thou beares to me in Christ, & for Christ, before the world was made. And as thou requirest strictly, that I should beleeue without doubting: so wouldst thou in all my nœds I should come vnto thee as to a father, & make my mone vvout mistrust of being heard in thy good time, as most shal make to my cõfort. Loe therfore, to thee deare Father I come, through thy Son our Lord, mediator and aduocate Iesus Christ, praying thee of thy great goodnes & mercie in

Christ, to be mercifull vnto mee, that I may feele indeed thy sweet mercy as thy child. The time, O deare Father, I appoint not, but I pray thee, that I may with sure hope still expect thy help, wherof I haue great need, by reason of my great misery. Thou art wõt for a litle season, in thine anger to hide thy face frõ thẽ whom thou louest: but oh redeemer, in eternall mercies thou wilt shew thy compassions. For whẽ thou leauest vs (O Lord) thou doest not leaue vs very long: neither to our owne losse, but to our lucre & aduantage: euen that thy holie spirit with bigger portion of thy power may lightẽ and cheare

cheare vs, that ỹ want of feeling to our sorrow may be recompenced plentifully, with the liuely sense of hauing thee to our eternal ioy: and therefore thou swarest, that in thy euerlasting mercy ỹ wouldst haue compassion on vs. Of which thing, to the end wee might be most assured, thine oath is to be marked: for thou sayest, as I haue sworne that I will neuer bring any more the Waters to drowne the world, so haue I sworne that I will neuer more be angrie with thee. The mountaines shall remoue, and the hilles shall fall downe, but my louing kindnes shal not moue, neither shall the couenant of

my

my peace fall away: thus hast thou said, O mercifull Redeemer. Therefore (deare father) I pray thee remember, euen for thy truth and mercy sake, this promise and euerlasting couenant, which in thy good time I pray thee write in my heart, that I may know thee to be the only true God, and Jesus Christ whom thou hast sent: that I may loue thee w all mine heart forever, that I may loue thy people for thy sake, that my workes may be euer found holie in thy sight, that I may alwaies not only striue against sin, but also ouercome the same daily more and more, as thy children do, aboue all things desiring the sancti-

sanctificatiō of thy name, the cōming of thy kingdome, the doing of thy will heere on earth as it is in heauen, & that only through our Lord & only sauior Iesu Christ, Amen.

¶ A thankesgiuing vnto God.

I Doe thanke thee, O King of heauen and earth, for protecting mee this day by thy strōg hād, & stretched-out arme, frō all perills and dangers. The right hand of God bringeth mightie thinges to passe: it hath kept me from all euill, yea the Lord hath saued my soule: therefore will I be mindfull of thee (O Lord) vpon my bed, & waking will I meditate

meditate vpon thy goodnesse, because thou hast beene my helper. Vnto thee, O Lord, do I lift vp my hands, & beseech thee with all humblenesse of mind to pardon all my sins, which this day I haue committed, either against thee, or my neighbour. Lighten and illustrate euery darke corner of mine habitation, that my candle goe not out by night: when I sit in darknes, bring mee into the light, saue mee from vtter darkenes, where is weeping and gnashing of teeth: thou art the God which giuest light to my candle: lighten therefore (O God) my darkenesse, that I sleepe not in death, and protect me by thy

shadow

shadow of thine hand, that no euil happen to me this night. Let thy truth compasse me about like a shield, ỹ I be not afraid for any terror by day, nor yet for the pestilence that walkes in the darknes, or for the sickness that destroyeth at noone day. O Lord, be thou my keeper. O God, be thou my defender: O Christ, be ỹ on my right hand, that the Sunne parch me not by day, neither the Moone by night. Unto thy protection, & vnder the shadow of thy wings, O Lord, I betake me this night, for thou hast preserued me al this day, yea, from my birth vnto this houre thou hast saued & defended mee from infi-

nite

nite perills & dangers. Now bleſſe the Lord, my ſoule, and bleſſe him all ye his ſeruants, which ſtand in the houſe of ỳ Lord, in the courts of ỳ houſe of our God: in the night lift vp your hands to his ſanctuary, & bleſſe the Lord, who liueth world without end.

The Concluſion.

THe Lord that made the heauens, the ſeas, and al that is in the earth, bleſſe me from aboue now and euer, Amen.

¶For Friday, Morning Praier.

O Mercifull Lord God, & heauenly father, I ren-

der

der most high laud, praise and thankes vnto thee, that thou hast preserued me this night, and all the time and dayes of my life hitherto vnder thy protection, & hast suffered me to liue to this present houre: & now I beseech thée heartily, that thou wilt vouchsafe to receiue me this day, and the residue of my whole life from henceforth into thy tuition, ruling & gouerning mee with thy holy spirit, that all maner of darknesse, mis-belefe, infidelitie, carnall lusts, and affections, may be vtterly chased and driuen out of my heart, and that I may be iustified & saued both in body and soule, through a right and perfect

faith,

faith, and so walk in the light of thy most godlie truth, to thy glory & praise, and to the profit and furtherance of my neighbour, through Christ our Lord, Amen. Our Father which art in heauen, &c.

Supplications vnto God.

O Lord open thou my lips, that my mouth may be shewing forth thy praise frō one generation to another without ceasing, and that my prayers may be acceptable in thy sight.

O God make speed to saue me.

O Lord make hast to help me.

Glorie

Glorie be to the &c.
As it was in the &c.

The Psalme.

SAue mee, O God, for thy names sake, and auenge me in thy strength.

Heare my prayers, O God, and hide not thy selfe from my petitions.

An offering of a free heart will I giue thee, and praise thy name, O Lord, because it is so comfortable.

In the morning & euening and at none day will I pray vnto thee, and that instantly: O Lord heare my voyce.

In Gods word will I reioyce, in the Lords word will I comfort me.

Yea,

Yea, in God wil I put my truſt, and will not bee afraid what man can doe vnto mee.

I will call vpon the moſt high God: euen the GOD that ſhall performe the cauſe which I haue in hand.

O God, thou art my God, earely do I ſeeke thee: I haue looked for thee in holines, that I might behold thy power, thy ſtrength, and thy great glorie.

For thy louing kindneſſe is better than life it ſelfe: my lips ſhall euermore be ſhewing thy praiſe.

Heare me, O God, in the multitude of thy mercies: euen in the truth of thy ſaluation.

Take

Take me out of the mire, that I sinke not: O let mee be deliuered from them that hate me, and out of the deepe waters preserue me.

Let not the water-floudes drowne me, neither the deep swallow me.

Draw nigh vnto my soule and saue it: O deliuer me because of mine enemies.

Deliuer me (O my God) out of the hand of the vngodly: out of the hand of the vnrighteous and cruell man.

Haue mercy on thy seruant (O Lord) whom thou hast redéemed with thy most pretious bloud.

Protect and strengthen me that am weake and feble, a-

gainst

gainst the temptation of Satan my sworne enemie.

O Son of God, instruct me how, & what I ought to pray for, according to thy wil, that I may be heard, & make thou intercessiõ for me while I cry vnto thée with sighs that cannot be expressed.

Lighten mine heart with the fire of chaste and burning loue towards thee, and comfort me with thy wholesome heate, that I may neuer depart from thee.

Fil me with all ioy & peace in beleeuing that I may abound in hope through the power of the holy Ghost.

Assist mee, O Almightie God, that in all the waues of temp-

temptations and troubles of this world, I may patiently depend vpon thee, looking for deliuerance according to thy will.

Grant that I may follow thy foote-steps, humbling my selfe from the heart without dissimulation.

Giue vnto me lowlinesse, modesty and patience, that being clothed with these vertues, I may indeuour to fashion my selfe after thee.

Let neither pride nor vaine glory haue dominiõ either in my sense or speech: but grant that by humblenes of minde, submitting my selfe to al mẽ, I may thinke euery one better then my selfe.

Con-

Considering what my cō-
dition is: for man taken from
the earth must returne again
to the same, and be meate for
wormes and serpents.

Keepe the prowd diuel, O
God, that he prouoke me not
to sinne, neither make mee to
swel through a vain persua-
sion of fleshly righteousnes.

Preserue me from wicked
company, & filthy fellowship,
from riotousnes, from drun-
kennes, from wandring con-
cupiscence, and from idlenes.

Giue vnto me, O Lord, I
beseech thee, a good wit to cō-
ceiue, capacitie to vnderstād,
and memorie to beare away
good lessons, which may in-
struct me to saluatiō by faith.

Grant,

Grant that to mine end I may exercise my selfe in thy commandements: for the race of my whole life dependeth vpon the same.

Gouerne me by thy holie Spirit, that I neuer forsake the faith which thou hast giuen mee: but perseuering in the race begun, may attaine by thy grace to the saluation of my soule.

Continue in me that which thy grace hath wrought in me: that sinne doe not raigne within my mortall body.

Assist mee with thy grace and aide, that being deliuered from sinne, I may be the seruant of righteousnesse.

Grant that I may abhor

that which is euill, and loue that which is good.

Giue me grace to be patient and bountifull, not enuious, not boasting, not puffed vp, not proud, not easie to be moued to anger, not thinking euill, not reioicing in wickednes, but reioicing in ỹ truth; that I may suffer all things, beleeue all things, and so loue my neighbor, not in word nor tongue, but in deed and truth.

Inflame my breast, that after thine example, I may vnfeinedly loue my very enemies & blesse them that curse me, and do good to them that hate and hurt me, leauing reuengement alwaies vnto thee.

O thou Lamb of God which takest

take all away the sinnes of the world, take from mee all bitternesse of heart, all anger, wrath, crying and euill speaking, with all maliciousnesse.

Let not the Sun go downe vpon my wrath, giuing place to the deuil: but let me be quiet, putting on tender mercie, kindnes, humblenes of mind, meeknes and charitie.

Bring me vnto thy truth, O most mercifull God, and giue mee grace vnfainedly to repent, and escape the snares of sinne.

Take from me stubbornnes, hardnes of mind, and all damnable securitie, that malice do not blind me.

Bestow on me a new heart,

and put a new spirit within me, and take from me my stonie heart.

Giue me a fleshy heart, & put thy Spirit within my breast.

Guide me with thy Spirit, O God, that bewailing my sins, from the botome of mine heart, I may flie to thine vnspeakeable mercie for grace.

And laying away the old man which is corrupt, I may put on the new man, which after God is created in righteousnesse and true holinesse.

Assist me, O God, that putting away lying, I may speak to euery one the truth from my heart.

This is a true saying, and of euery man to be receiued, that

that Christ Jesus came into the world to saue sinners, and such as beleeue in him.

Giue me therefore, O most gentle God, a penitent heart, and through thine assistance to begin a new life, to the glorie and praise of thy holy name, Amen.

Glory be to, &c. As it was, &c.

A Petition vnto God.

O Christ which art the strength of the weake, the saluation of all beleeuers, and aider of the oppressed, yea our life & safe-gard in the peril of death: I beseech thee that pitying my afflictions, thou wilt vouchsafe to grant me my petitions which at this

time I haue asked at thy hand: so shall I serue thée here in the kingdome of grace, and hereafter in the kingdome of glory, where I beseech thée, O Lord, graunt that I may haue a place to dwell with thée eternally, which liuest with God the Father and holy Ghost euerlasting, Amen.

Grace before dinner.

O King of glory, & Lord of heauen & earth, thou y giuest meat, drink, and cloathing with all other sustenance belonging vnto life, we beseech thée of thy goodnesse that thou wilt continually feed vs with these thy blessings, and daily relieue vs through

through thy holie spirit, that we may be heires of thy everlasting kingdome, Amen.

Grace after dinner.

BLessed art thou, O God, for evermore, which hast nourished our bodies not onely at this time, but from our mothers womb. Give us likewise the nourishment of the soule, with quietnes of mind, and giuing thankes, that thy grace may abound in vs: continue and defend vs against all perils to come, Amen.

God saue the Church, &c.

Euening Prayer for Friday.

OLord God, which art full of compassion and mer-

tie, long-suffering, & of great goodnes, and continuest thy goodnes for thousands, taking away iniquities, sinnes, and offences: thou ca lest us after thy wonted mercy, by thy word, to repentance & hearty conuersion. Therfore I come to thee prostrate in heart, before ỳ throne of thy mercy, to aske pardon & forgiuenes for all mine offences, & likewise I humbly beseech thee ỳ thou wilt vouchsafe to giue eare vnto my prayers & petitions, which at this time I shall make vnto thee. Heale me for thy mercies sake, O Lord, & I shall be healed. Saue me, and I shall be saued, for thou art the God of my life, to thee

be

be praise world without end.
Our Father which art, &c.

Supplications vnto God.

O Lord open thou my lips, and let my mouth shew forth thy praise and speak of thy vnspeakable goodnesse, that I therby may walk worthy of my calling, pleasing thee in all things: and, being fruitfull in all good workes, may increase in thy knowledge with all diligence.

O God make speed to saue mee.

O Lord make hast to help mee.

Glory be to, &c. As it was, &c.

The Psalme.

O Lord God of truth, heare my prayer: O my protector, behold and lok vpon the face of thy seruant, and haue mercie vpon me.

Create in me a cleane heart, and renew a right spirit within mee.

Behold, I repent mee of my faults, and my eies are troubled through the griefe of my wickednesse.

Restore to me the ioy of thy saluation: and stablish me with thy free spirit.

Giue me grace to doe all things according to thy will: that I may alwaies serue thee with a willing mind.

O giue mee the heauenly comfort of thy word, as a testimonie or token of thy goodnes towards me.

Giue vnto me the reward of well-doing, the entrance into happinesse and euerlasting comfort.

Cast me not off in the time of old age, when my strength faileth, forsake me not.

Confirme my faith, that I distrust not thy promises: neither bee driuen from thee by any meanes.

Keep me in the true vnderstanding and right knowledg of thy sacred Scriptures, that I go not astray from thy blessed commandements.

Thou leadest straight in thy

thy iudgements them that be milde and tractable, and teacheſt them that be meeke, thy wordes and teſtimonies.

O mercifull God, grant me to couet with an earneſt mind the things that beſt pleaſe thée, to reade the Scriptures diligently, to ſearch them wiſely, to know them truely, and to fulfil them perfectly, to the laude & glory of thy name.

Thou healeſt all them that be contrite in heart: & aſſwageſt their paines and griefes.

O order my liuing ſo, that I may be contrite for mine offences, and do that which thou requireſt of me.

Giue me grace, that I may know thy will, and giue mee will

will and power to do it, that I may obtaine those things which be most conuenient for the saluation of my soule.

Thou holdest vp all them which else should fall: and all that are fallen, thou liftest vp againe.

O good Lord, make my way sure and straight to thee, so ỹ I fall not betweene prosperitie & aduersity, but that in prosperous things I may giue thee thanks, and in aduersitie be patient, so that I bee not lifted vp with the one, nor oppressed with the other.

Grant that I may reioice in nothing, but ỹ which moueth me to thee, nor to bee sory for any thing, but ỹ which draw-

eth

eth me from thee, desiring to please no body, or fearing to displease any besides thee.

Thou giuest sight to ỹ blind & loosest them that are bound.

O Lord, let all worldly things be vile in my sight, in respect of thee: and let me not be merrie with the ioy that is without thee.

Let me desire nothing besides thee, let that labour delight mee, which is for thee: and let all the rest weary mee which is not in thee.

Thou art nigh vnto all them that call vpon thee, so that they call vpon thee faithfully and heartily.

Make me, I beseech thee, to lift my heart often vnto thee:

and

and when I fall make mee to thinke on thée, and be sorry with a stedfast purpose of amendment, and giue mee grace to performe the same.

Thou fulfillest the desires of them that feare thée, thou hearest their prayer, and sauest them.

O my God make mée humble without feining, merrie without lightnesse, sad without mistrust, sober without dulnesse, true without doublenesse, fearing thée without desperation, trusting in thée without presumption.

Telling my neighbors their faults without dissimulation, teaching them with words & examples without mocking.

Let me be obedient without arguing, patient without grudging, and pure without corruption.

O my most louing Lord and God, giue mee a waking hart, that no curious thought withdraw me from thee.

Let it bee so strong that no vnworthie affection draw me from thee, so stable that no tribulation breake it.

My louing Maker and Redeemer, I most humbly beseech thee, that thou wilt graunt me wit to know thee, dilligence to seek thee, conuersation to please thee, and finally hope to embrace thee, Amen.

Glorie be to, &c. As it, &c.

A Song of praise and thanksgiuing vnto God.

PRaise the Lord, O my soule, and forget not all his benefites, for his mercie endureth for euer.

Praise ỳ Lord, O my soule, which forgiuest all thy sins, & healeth all thy infirmities, for his mercie is euerlasting.

Praise ỳ Lord, O my soule, which sauest thy life from destruction & crowneth thée wᵗ mercie & louing kindnes, for his mercie endureth for euer.

O my soule praise the Lord, which satisfieth thy mouth with good things, making thée yong & lusty as an Eagle, for his mercy endureth for euer.

O blessed King of heauen, who can giue thee worthie praises: yet, O Lord, will I sing of thy praises all my life long: for thou art full of compassion and mercie, long-suffering, and of great godnesse, and thy name endureth for euer, and world without end.

Glorie be to, &c. As it, &c.

Lord haue mercie vpon me.
Christ haue mercy vpon me.
Lord haue mercie vpon me.

Our Father, which &c.

I beleeue in God the Father Almightie &c.

O Lord deale not with vs after our sinnes.

Neither reward vs after our iniquities.

A Petition to God.

O Most gracious GOD, which of thy mercie and pitie hast (without my deserving) heard my praiers and petitions at this present, I beseech thee open mine heart, and vnlock the eares of mine vnderstanding, that hearing thy word profitably, I may obserue, learne, and embrace such things as are necessarie to the confirming of my faith in Iesu Christ, who liueth and reigneth with God the Father and the holy Spirit, to whom be praise now and euer, Amen.

Grace before Supper, as at dinner.
Grace after Supper, as at dinner.

Prayers

Praiers at night before you goe to bed.

The confession of a sinner.

Heare mee most mercifull Father.

And forgive me most wretched sinner.

O Lord Almightie, God of our fathers, Abraham, Isaac and Jacob, and of the iust seed of them, which hast made heauen and earth, with all the ornaments thereof, which hast ordained the Sea by the word of thy commandement, which hast shut vp the deep, and hast sealed it, for thy fearefull & laudible name: dread of all men, and honou-

rable

rable before the face of thy power: Thy fierce anger of threatning is aboue measure heauie to sinners, but the mercie of thy promise is great and vnsearchable: for thou art ẏ Lord God most high aboue all the earth, long-suffering, & exceeding mercifull, and sorie for the malice of men. I haue prouoked thine anger O Lord & haue done euill before thee, in cõmitting abhominations, and multiplying of offences, and now I bow the knees of my heart, requiring godnes of thee, O Lord: I haue sinned, Lord, I haue sinned, and know my wickednesse, I desire thee by praier, O Lord, to forgiue mee. O Lord forgiue

mee, and destroy me not with mine iniquities, neither do thou alwaies remember my euils to punish them, but saue me (which am vnworthie) after thy great mercy. O most louing Father, I know that by my sins I am not worthie of thy blessed comfort: but Lord thou hast said, that in what houre soeuer a sinner doth repent him of his sinne, thou wouldst no more remember them, and therefore wouldst not despise an humble & contrite part. Which causeth me bold to trust in thy mercy, and muckely call to thee for grace and helpe in this troublous time of temptation & trying of my faith. I am as one lost

with

with ignorance, not knowing the depth of thy high mysteries, nor the deceitfull deepnesse of the craftie perswasions of my ghostlie enemies, which daily do assault my simple soule, and so burden ȳ same that it can take no hold, nor find any rest. Therfore O Lord, like as thou knowest my will and hearty desire is to serue thee, and to liue and die in thy perfect faith; so Lord I beseech thee, neuer suffer the subtile perswasions contrarie to thy truth, to take place or rote in mine heart. But like, Lord, as thou hast created mine heart, and giuen me a will to order the same: so Lord, I must meekly yeld the same

same againe into thine hand, desiring thee by thy holy Spirit so to direct all my waies, words, and workes, that they may be acceptable in thy sight. And, O Lord, I humblie beseech thee, suffer not my soule to perish which thou hast bought so deerely with thy precious blood: For the which great mercies sake, have mercie upon me, & make me poore in spirit, and lowe of heart, and content with my vocation, submitting me wholie unto thine hands, so that my desire and delight may be to do thy will and pleasure, which is alwaies good & godly, so that I may have no other trust but onely in thee; for there

there is no truste besides thee. And graunt my poore soule rest in thee, for thou hast said, they shall neuer be confounded ỹ put their truste in thee: which truste Lord grant me neuer to forsake for any vaine truste, or temptation, or tribulation ỹ may happen to vexe my poore silly soule: but graunt mee thy holy Spirit, to comfort and defend me from all thinges ỹ shoulde procure thy displeasure. Thou that art in Trinitie one God and Lord ouer all, giue eare vnto my prayer, and pardon all my sinnes. To thee therefore be all honour, glorie and praise, nowe and euer, Amen.

A Thanksgiuing vnto God.

O Eternall God, Father of our Lord Iesus Christ, I will praise thee: for marueilous things hast thou done towards mee. Thou hast deliuered my soule from death, and my feete from falling, wherefore I will extoll thee, & celebrate thy name euery day, and at night will I talk of thy righteousnesse. I will magnifie ỹ Lord my God, and bow my selfe low at his footestole, for he is holy. I will praise thee O Lord, because thou hast set me vp, and not made my foes to triumph ouer mee. Thou hast brought my soule from hell, and saued my life from them

them that go down into ỹ pit. Wherfore I will sing prayses to thée, and yéld thée thankes for a remembrance of thy holinesse. And now, O most louing Father, wholly prostrating my selfe before thy feete, I beseech thee in the name of thy Son, blot out al my transgressions, whereby I haue offended thy diuine Maiestie, which this day & all my time I haue committed. Forgiue, Lord, all the sins which from my youth I haue done, and be mercifull vnto me, O Lord for thy names sake. Guide me with thy wisedome, that when I walk, it may go with me, when I sleep it may keep me, & when I awake, I may

talk thereof. O Lord be thou my Watchman & Protector this night, that troubles and vaine cogitations do not inuade me, neither the feare of death ouerwhelm me, nor the sleep of the night alter my thoughts and vnderstanding when I should take rest: but grant mee a good and quiet sleep going into my bed which representeth my graue: that rising in the morning to render due praise and thanks vnto thee my Protector, I may likewise at ỳ day of iudgment rise as one of thy chosen children vpon thy right hand into heaue, where I may sing praises to thy holy & blessed name, world without end, Amen.

O Lord God, from whom all my help doth come, guide my going out & my comming in, keep me this night and all my life, from this time forth and for euermore, Amen.

¶ For Saturday, morning prayer.

O Heauenly Father, which like a dilligent watchman attendest alwaies vpon thy faithfull people, whether they wake or sleep, and mightilie defendest them, not onely from Satan that old enemie of mankind, but also from all other their aduersaries: so that thorow thy godly power they be harmelesse preserued: I most heartily thanke thee, for it hath

pleased thy goodnes, so to take care of mee thy vnprofitable seruant this night past, that thou hast both safely kept me from all mine enemies, and hast giuen me sweet sleep vnto the great comfort of my body. I most entirely beseech thee mercifull and sweet Father to shew the like kindnes towards me this day, in preseruing my body and soule, that as my enemies may haue no power ouer me: so I also may neither breath, speak, or do, any thing that may be displeasant to thy fatherly goodnesse, dangerous to my soule, or hurtfull vnto my neighbour: but that all my enterprises may be agreeable to thy most

blessed

blessed will, which is alway good and godlie: doing that that may aduance thy glorie, and answere to my vocation, and profite of my neighbour, whom I ought to loue as my selfe: that whensoeuer thou callest mee from this vale of miserie, I may bee found thy childe, not of darknesse but of light, and so for euer raigne with thee in glorie, which art the true and euerlasting light, to whom with thy deerely beloued Son Iesus Christ, our alone Sauiour, and the Holy Ghost, that most sweet Comforter, be all honour and glorie, now and for euer. Amen.

Our Father which art, &c.

Supplications vnto God.

O Lord open thou my lips, that my mouth may bee shewing forth thy praise, I will make my boast of thee all the day long, and I will confesse thy name for euermore.

O God make speed to saue mee.

O Lord make haste to help mee.

Glory be to, &c. As it was, &c.

The Psalme.

O God my heart is readie, my heart is readie, I will extoll thy goodnes, I will sing and giue praise vnto thee with the best member that I haue.

Awake thou lute and harpe:

I my selfe will awake right early.

I will giue thankes vnto thee, O Lord, among the people, I will sing prayses vnto thee among the Nations.

For thy mercie is greater then the heauens: and thy truth most mighty God reacheth vnto the clouds.

O let me haue thine vnderstanding in the way of godlinesse: I will take no wicked thing in hand, I hate the sins of vnfaithfulnesse, there shall no such thing cleaue vnto me.

O mercifull God, let my froward heart depart from me, and let me not know a wicked person.

Who so leadeth a godly

life: let him be thy seruant.

The heathen do feare thy name, O Lord: & all the kings of the earth thy Maiestie.

Remember me, O Lord, ỹ am but a worme and no man, yea a very scorn of men, the weakest of all other to stand in thy sight ready to fall, erept ỹ of thy goodnesse hold me vp.

Think on me therefore, according to the fauour that thou beares vnto thy people, visite me with thy saluation from day to day.

That I may see the felicity of thy chosen, and reioice in ỹ gladnesse of thy people, and giue thanks with thine inheritance, and sing praises with thy Saints.

Set

Set vp thy selfe, O God, aboue the heauens: and thy glorie aboue all the earth.

O deliuer me from all my sinne, let thy right hand saue me, and heare thou me.

Vnto thée do I cry from the bottome of mine heart, desiring thee, O Lord, to separate me from the darknes, deceit, and filthinesse of this fleshly world.

O let me seek after heauenly things, and forsake earthly things, which are but fraile and transitorie.

Giue me thy holy Spirit, that I may know what riches I haue receiued by Christ my onely Sauiour.

Kéep me in the confession of

of thy name: that thou in mee maiest be glorified, both here and in the world to come.

Rule thou my heart, that I giue not my selfe to the pleasures of this world, and so enter into the broad way, and wide gate, which bringeth to eternall destruction, but shunning all the entisements of the world, I may go in at the narrow gate, which leadeth to the kingdome of heauen.

Comfort my mind, that my heart bee not troubled, when the world doth persecute me.

Make me patiently to beare not onely euery miserie incident to all men, but also the peruerse and sinister iudgement of the world.

O Lord my God, giue vnto my heart an earnest desire of thée: in desiring thée, to séek thée: in seeking thée, to finde thée: in finding thée, to loue thée: and in louing thée, to dwell with thée.

Make me free from my offences: and when I am freed from them, let me neuer commit them againe.

Giue, Lord, to mine heart repentance, to my spirit contrition, to my eyes the fountaine of teares, and to mine hands aboundance of giuing almes to them that haue need.

Put out in me (O God my king) the desire of the flesh: and kindle in mee the fire of thy sweet loue.

O thou my Redeemer, thrust out of me the spirit of pride: and grant me mercifully the spirit of humilitie.

O God my Saviour, take away from mee the furie of anger, and giue me the gentle buckler of patience.

O God my Creator, pluck away from me the rancor, and displeasure of the minde: and giue vnto me the sweetnes of the soule.

Giue me most gentle father stedfast faith, sure hope, and continuall charitie.

O God my Ruler, turne away from mee vanitie, vnconstantnesse of mind, wantonnesse of the body, lewdnesse of talk, high looking and excesse

excesse in filling the belly.

Turne from mee likewise euill speaking of my neighbours, the grieuous sinne of backbiting, the itching of curiositie, the couetousnes of riches, and greedinesse to rule. Put out of me vaine-glorie, and the enill of hipocrisie, the vice of flattering, despising of the poore, oppressing ỳ weak, vnsatiable auarice, rustie enuie, and deadlie blasphemie.

O God my maker cut away in me, vndecent rashnes, stubbornnes, vnquietnes, idlenes sluggishnesse, slouth of mind, dulnesse, blindnesse of heart, obstinacie of vnderstanding. and cruelnesse of conditions.

O my God, mercie I desire

of

of thee for thy wel-be-loued Sons sake, giue me ỹ works of mercie, & affections of pitie, ỹ I may suffer with them that be afflicted, giue counsell to them which erre, helpe the miserable, succour the needie, comfort the sad, raise vp them that be oppressed, and refresh the poore: Grant me to mone them that weep, to forgiue my debtors, to spare them which offend against mee, to loue them that hate mee, and to render good for euill.

Giue me this grace, O Lord, to despise no man, but to honour all men, to imitate good men, and to beware of euill men, to embrace vertues, and to reiect vice.

Grant

Grant vnto me in aduersitie patience, in prosperitie continency, & in all attempts ỹ kœping of my mouth, setting as it were an hatch before ỹ doze of my lips, that I may tread vnder fot all earthlie things, & thirst after heauenly things. Raise vp in me, O Lord, the seed of godlinesse: and nourish the loue of vertue within me. Breathe vpon mee thy heauenly knowledge, till I may behold thee the onely and true God, face to face, which liuest & reignest in perpetuall glorie. Glorie be to, &c. As it was, &c.

A petition vnto God.

OMnipotent and eternall Father, I haue asked

here

here at this time, manie things of thee, and yet haue not deserued any: I confesse, alas, that not onely those giftes, which I require, be not due vnto me, but in steed of them, most grieuous punishments: yet O Lord God, lay not my sins to my charge: for if thou shouldest, I were not able to abide or stand in thy sight. But O Lord, I most humbly beseech thee, that thou wilt forgiue me all that is past, and grant that I may neuer hereafter offend in the same, for Iesus Christs sake, who liueth and reigneth with thee and the holy Ghost, world without end, Amen.

Grace

Grace before dinner.

O Celestiall God, and Father of infinite mercie, we acknowledge that whatsoeuer we haue, or possesse, it is thy gift. Thou giuest and we gather, so that all liuing creatures are filled with thy blessing. Giue vs grace, wee beseech thee, to vse these thy gifts moderately without excesse, to the comfort of our bodies, and to the glorie of thy name: to whom be praise for euer, Amen.

Grace after dinner.

BLessed be the Lord God of Israel, for that of his meere mercie and goodnes he hath

hath refreshed our hungrie bodies with corporall food: let vs now praie to him that hee will likewise feed vs with his spiritual and heauenly food, to the nourishment of our soules through Iesus Christ our Lord and Sauiour, Amen.

Euening prayer for Saturday.

O Almightie and mercifull God, thy Son our Lord & Sauiour Iesus Christ hath commanded me to pray: I beseech thee by ỹ same thy Son, that thou wilt at this time hearken vnto my praiers, and of thy goodnes I humblie desire thee that thou wilt vouchsafe to direct, sanctifie & keep my

my heart & bodie, my senses, my doings, my talk and communication, in thy most holie lawes, & in the workes of thy commandement, & that thy holy Angell may be with me to direct my feet into the way of peace, truth, & health, that I may be whole, safe and free in thee, and by thee, both here and in the world to come. O heare me and saue me, which liuest & reignest with the Father and the holy Spirit, God in perfect vnitie, world without end, Amen.

Our Father which art, &c.

Supplications vnto God.

O Lord open thou my lips, & my mouth may speake

and

and tell of all thy wondrous works, which accordingto thy aboundant godnes thou hast bestowed vpon all thy creatures through thé euerlasting comfort of thy Lord.

O God make speed to saue me.

O Lord make hast to help mee.

Glory be to, &c. As it was, &c.

The Psalme.

My song shall be alwaie of ỳ louing kindnesses of the Lord: with my mouth will I be telling of thy truth from one generation to another.

O Lord, the verie heauens shall praise thy wondrous works:

wo2kes: and thy truth shall shew it selfe in the congregations of thy Saints?

Fo2 who is he among the clouds, that shall be like vnto the Lo2d?

And what is he among the gods, that shall bee like the highest?

God is verie greatlie to be feared in the counsell of his Saints, and to be had in reuerence of al that are about him.

O Lo2d God of Hosts, who is like vnto thee? thy truth, most mightie God, is on euerie side.

The heauens are thine, the earth is also thine: thou hast laid the foundations of the round wo2ld, and all that therein

therein is.

Thou rulest the raging of the sea, thou makest calme the boisterous waues thereof when they arise: thou hast made the North & the South. Tabor and Hermon shall reioice in thy name.

Righteousnesse and equitie is the habitation of thy seate: mercie and truth shall go before thy face.

Blessed are the people, O Lord, that can reioice in thee: for they shall walk in the light of thy countenance.

Their delight shall be alway of thy name: and in thy righteousnesse shall they make their boast.

O Lord thou hast been our refuge:

refuge: from one generacion to another.

Before ỳ mountains were brought forth, or euer ỳ earth & the worlde were made, thou wert, and art, God frō euerlasting, & worlde without end. Thou turnest mā to destruction: & yet thou saiest, Come againe ye children of men.

O mercifull God, a thousand yeares, in thy sight, are but as yesterday: when thou art angry, all our dayes are gone: we bring our yeares to an end, euen as it were a tale that is told.

The dayes of our age are three score yeares and tenne: & though men be so strōg that they come to foure score: yet

is their strength then but labour and sorrow, so soone passeth it away, and wee are gone.

What man is hee that liueth, and shall not see death? And can he deliuer his owne soule from the hand of hell?

O teach vs to number our daies, that we may apply our hearts vnto wisedome.

I will say vnto thee, O Lord, thou art my hope, and my strong hold, my God, in whom I will trust.

O Lord, how manifold are thy workes: In wisedome hast thou made them all, the earth is full of thy riches.

So is the great and wide Sea also, wherein are things

creeping

crœping innumerable: yea, both small and great beasts.

I will sing vnto the Lord as long as I liue: I wil praise my God, while I haue anie being.

And so shall my words please him: and my ioy shall be in the Lord.

I will sing a new song vnto thee (O Lord) & praise thy name: I will be telling of thy saluation from day to day.

For the Lord is great, and cānot worthily be praised: he is more to be feared then all gods.

As for the gods of the Heathen, they are but siluer and gold, they are euen abhominable idolls: but it is ꝑ Lord

that made the frame of ỳ heauens whom I do worship in spirit and truth.

Glorie and great worship are before thee: there is power and honour in thy sanctuarie.

I worship thee, O Lord, in the beautie of thy holines: for the whole earth standeth in awe of thee.

The heauens declare thy righteousnes, and all the people thy glorie.

Confounded bee all they that worship carued images: and that delight in vanitie: worship thy Lord all ye gods.

Shew your selues ioyfull vnto the Lord all ye lands: sing, reioyce, and giue thanks vnto his holie name.

Praise the Lord vpon the harpe: sing to the harpe with a Psalme of thankesgiuing.

With trumpets also and shawms, O shew your selues ioyfull before ỳ Lord ỳ king.

Let the sea make a noyse, let the floods clap their hãds, and let the hils be ioyful togither before the Lord: for hee will come to iudge the world, and the people with equitie.

Glorie be &c. As it &c.

A Song of praise and thanksgiuing vnto God.

PRaise the Lord, all ye that dwel vpõ the earth: praise him ye dragons, and al deps, for his mercy is excellẽt, & his praise aboue heauen & earth.

O praise the Lord all creatures, fire, and haile, snow, & vapours, winde and stormes, mountaines & hills, fruitfull trées and all Cedars, beasts and all cattell, worms and all feathered foules.

Praise the Lord, yee kings of the earth, Princes and all Iudges of the world.

Young men and maidens, olde men and children, praise the name of the Lord.

Praise him vpon the lute and harpe, praise him in the cimbals and daunces, praise him with tabret & pipe, with timbrell and flute, shawmes, psalteries, dulcimers, and organs: let all instruments of musick, and euery thing that hath

hath breath, giue full consent and agreemēt to praise the liuing God: for his mercy is euerlasting, and his goodnesse endureth for euer.

Glorie be to &c. As it was &c.

Lord haue mercy &c.

Christ haue mercy &c.

Lord haue mercy &c.

Our Father which &c.

I beleeue in God the Father Almighty, &c.

O Lord deale not with vs after our sinnes.

Neither reward vs after our iniquities.

¶ A Petition vnto God.

O Merciful father, all lauds and thankes that I can giue, are not sufficient praise

for thee: yet I being a miserable wretch do laud and praise thy holy name, for that of thy goodnesse thou hast vouchedsafe to heare my petitions, & prayers. I beseech thee for Jesus Christs sake, that as thou hast kept me hitherto, so thou wilt keepe mee henceforward in thy true faith, through Jesus Christ our Lord, Amen.

Grace before Supper, as at dinner.
Grace after Supper, as at dinner.

Praiers at night before you goe to bed.

¶ A praier to God the Father.

Open thine eares, O Lord, and heare me.

Forget my sinnes and forgiue me.

O Mercifull, faithfull and louing God, the horne of my saluation, and my defender, in whom I only put my whole trust: I vnhappy wretch haue many ways stirred thee vp, I haue done euil before thy face, I haue prouoked thy displeasure, I haue deserued thy great anger. I haue sinned: thou hast suffered me. I haue offended, and yet thou sustainest me: if I repent, thou sparest me: if I returne to thee, ỹ receiuest me: yea, and besids all this, while I defer frō time to time, thou tarriest for me: thou callest me againe, wandering from thee: thou biddest me come, striuing against thee: thou lookest for

mee, which sluggishly doe lie still: ỹ imbracest me comming again, thou teachest me being ignorant, thou comfortest me lamenting, thou giuest to me when I aske, thou art found when I seek thee, and openest when I knocke for thee. Loe Lord, the god of my health, I cannot tell what I should set against thee, neither know I what to answere: there is no place to fly from thee, nor any den to be hidden frō thee: thou shewest mee the way to liue well, ỹ giuest me knowledge how to go: thou hast returned vnto me hell, ỹ hast promised me paradise. Now (O Father of mercy, and God of all consolation) strike my heart with thy

thy feare, that with fearing I may scape those things which thou threatnest: and giue me the comfort of thy saluation, that in louing I may obtaine those things which ỹ promisest. O Lord, which art my strength, my sure Rocke, my God, my refuge, and my deliuerer, tell me what I should thinke of thee, teach me with what words I shal call vpon thee, & the works wherewith I may please thee. I know one thing wherewith thou art pleased, and an other which thou despisest not: for a broke spirit is vnto thee a sacrifice, and an humble and a sorry heart is accepted of thee. O my god my helper, make me rich with

these

these giftes, defend mee with these munitions against all my enemies, giue me this couert from ỹ flames of vices, and spread abroad this mercifull refuge for the passions of desires. O most mighty god, that art blessed for euermore, I commit into thy handes at this time, & at al other times, my soule, my body, my sight, hearing, tasting, smelling and feeling, all my thoughts, affections, words & deeds, all that is within me, & without me, my sense, mine vnderstanding, my memorie, my faith, my beliefe, and continuate in the same, that thou maiest defend thē with thy most mighte power, that thou maiest

keepe

keep them day and night, and at all houres, and euerie moment of time. Heare mee, O holy Trinity, & kéep me from all euil, from all offence, from deadly sinne, from all deceits and despites of the diuell, and from all my enemies visible and inuisible. Giue me Lord perfect sense and vnderstanding, that I may be able to perceiue thy exceeding great gentlenes: heare me, O Lord my god, teach me what I shal aske, and grat that thou wilt heare that which I require. Giue me teares euen from the bottome of mine heart, that may vnlose the bonds of my sins. If thou regard me not, I perish: if thou lok vpō me,

I liue: if thou examine my righteousnes, I stinke being dead: but if thou lookest vpō me with mercy, thou raisest mee out of my graue. Spare my soule, spare my sins, and spare my faults: visite me that am weake, cure me that am sicke, heale mee that am diseased, giue me an heart to feare thee, a minde to loue thee, eares to heare thee, & eies that I may alwaies see thee. I aske Lord remission of all my sins, haue mercie on me & heare me. O Lord of my saluation, I haue asked those things which I needed; I haue remembred those things which I feare: vouchsafe, O Lord, to grant me to liue in thy true feare to my

lifes

lifes end, throgh Jesu Christ my Sauior, Amen.

A thankesgiuing to God.

O Lord and King, I thanke thee (O God my sauior) I wil praise thee, and wil sing praises vnto thy name: for ÿ art my defender and helper, and hast preserued my bodie from destruction, from the snares of traiterous tongs, the lippes that are occupied with lies, & from such as stood vp against me. Thou hast alwaies stoutly defended me, I will acknowledge and praise thee, I wil magnify thy name for keeping me, euē from my youth to this present houre. And now, O Lord & merciful

God,

God, I hũbly beseech thee, by the death and buriall of our Lord and Saviour Christ thy welbeloued sonne, that thou wilt vouchsafe to hide & burie all misdeedes whatsoeuer, from my infancie, vntill this present time, either wittingly or ignorãtly, wherein I haue offended thy Maiestie, and especially all those which I haue cõmitted this weeke, by thought, word, or deed, against thy diuine commandements. All which to thee alone, that knowest how al things passe, I confes with a broken heart & lowly spirit, beseeching thee to pardon thẽ and to forgiue all my sins, wherein ỹ knowest I am guiltie, & to deliuer me

me frō all euills, both present and to come: be thou my light in darknes, then shall my life be as cleare as ỹ day: so with confidēce and security I may lay me downe to sleepe, and none shall make mee afraid, because ỹ art my Protector. O holy spirit, at my last gasp be thou my light, yea when my strength faileth, my sight departeth, my ears war deaf, and my mouth dumbe, when my feets cannot go, nor mine hands feele, and when all my senses forsake me, thē giue me some sense of eternal life, that I may talk in this mortal body, the beginnings of thine euerlasting cōfort, and at my departure out of this world,

I may behold by faith thy diuine presence, & so slepp quietly to eternall life, through Christ thy onely Sonne my sweet Sauiour: to whom be praise now and euer, Amen.

The Conclusion.

O Heauenly Father, blesse me, O blessed Son keepe me, O holie Ghost, three persons and one God, deliuer me this night from all sin and euil that may be hurtful to my soule and bodie, Amen.

Before the receiuing of the holy Communion, say thus:

O My Sauior Iesu Christ, holie and eternall God, al-

although I be vnworthie to receiue thee into the house of my soule, for mine innumerable sins and offences committed against thy great goodnes: yet (O Lord) trusting in thy great pittie and mercie, which is infinit, I come to receiue thy most blessed body, as a sicke Creature, to thee that art the healthy of life: vnclean, to thee that art ỳ well of mercy: blind by ignorance, to thée that art the light euerlasting: needie of grace and power in vertue, to thée that art ỳ king of Heauen & Earth: naked of works, to thee that art ỳ only author of Grace, I come as a wretch, to thee my Lord and maker: all desolate & comfortlesse,

lesse, to thee my help & succor: for besids thee there is no cō-solation. I come as a sinner to thee, that art a Mediator and meane betwirt God and man: I com al sinfull, to thee the grantor of pardon: & dead by sin, to thee that art the restorer of life: and euil, to thee that art all goodnesse; desiring thee meekly to heale mine infirmitie & sicknes, to washaway my sin and filthinesse, to lighten my blindnes, to reduce me to ỹ right way when I am out therof. Haue mercy on my wretchednesse, pardon my sinfulnesse, and giue me ỹ light of grace, thus buried in sin, that I may receiue thee ỹ true bread of life, with

such

such chastitie of body, w̄ such purenes & cleannesse of soule, with such cōtrition of heart, & abundāce of weeping teares, with such spirituall ioy & gladnesse, with such dread & reuerence, with such faith, hope, & charitie, with such obedience & humilitie, with such loue, deuotion, faithfulnes, & thankfulnesse as is best beseeming for such a Lord to be receiued, & to my soule most expedient. O sweet God, be not displeased, if I a sinner, with an vncleane heart & polluted mind, com hither this day to receiue thy precious body in sacramentall bread & wine: but remember (merciful Lord) that thou didst not put back ye vnfull

ful Magdalen (being penitẽt) frõ ỹ kissing of thy feete. And in likewise despise not me, ne put thou me away as vnworthy from the receiuing of thy body in ỹ blessed sacrament, for my sins & vnkindnes: but grant thou mee cõpunction of heart, with plenty of tears to wash away my sins and wickednesse, so that with a pure heart and cleane conscience, I may this day eate thy flesh, & drink thy blod, to my soules health, that I may obtaine by thy goodnes, euerlasting life, with all thine holy Saints in heauens glory, & in this present life, with thy holy spirit to be replenished, and neuer admit other louer beside thee.

Grant

Grant me, most blessed Jesu, so to receiue the sacrament of bread and wine, that I may be worthy to be accounted a member of thy mystical body here in earth. And though as yet I bee not worthy to bee numbred among the simplest & lowest of thy seruants, but rather be reiected and cast out for my sinfulnesse: yet good Lord, of thine infinite power thou mayst make me equall & like to the rest of thy elect and chosen seruants.

Come thou Father of the fatherles, come thou comfort of all the comfortles, & cleanse my soule from all contagiousnes of sin. Come and apparrel my soule with such ornaments

naments of virtue and grace, that it may delight thée therein to abide: & as thou disdainedst not to touch the foule lepers with thy most holie and blessed hands: so (good Lord) I most humbly beseech thee, that thou wilt at my request, vouchsafe now to anoynt my poore and simple soule with ỳ holy ointment of remission & pardon: that in this life, by stedfast hope, firme faith, and perfect charity, I may so encrease still in vertue from day to day, that I may attain the glorious fruition of thy godhead in the kingdome of heauē, where I may sée thée face to face, sitting at the right hand of God thy Father, to whom

whom with the Sonne, and the holy Ghost bee all glorie and honour, world without end, Amen.

After the receit of the holie communion, say thus.

I Thank thee (O god Lord) of thy infinit goodnes, that thou hast fed me with thy body and blood in the blessed sacrament: desiring thee most meekly, that thou wilt be vnto mee a spirituall strength against my frailty, a sure defence against worldly troubles & adversities, a purchasing of grace & pardon, a medicine of life by the continuall remembrance of thy blessed passion, so that in the

thou maiest conduct mee and guide mee, & when I am out of the way, thou maist reduce me, when I stumble, thou maiest vphold me, and when I am falling, thou maist raise me vp againe, so that by continuance in thy wil, I may be brought to euerlasting glorie: so order thou the tallage and taste of my heart, that I neuer feele other sweetnesse but thee, that I neuer seeke other louer but thee, nor no other comforter besides thée, so that I care for no other delight but thee, nor for any other honour but thine. And giue me such a perfect loue towards thée, that I may be beloued of thee, and that thou maiest

maiest come with thy father, and dwell continually in me, with the sweet comfort of the holy Ghost, to whom one god in trinity of persons, be al honour & glorie for euer, Amen.

Before the preaching of Gods word, say thus.

ALmighty God and most mercifull Father, whose word is a lantern to our feet, and a light vnto our paths, I beseech thee to illuminate my mind, that I may vnderstand the mysteries cõtained in thy Lawe. Thou shinest diuers waies vnto vs by the light of thy grace, but in nothing so effectually, as by the preaching of thy word. The harnest

is great as thou thy selfe hast said) but the labourers are few. The greatest sort of men are ignorant and wrapped in miserable blindnesse, & few there be that teach thy word truly, and as they ought. I doe beseech thee therfore to send out workemen into thy harvest, send Preachers (O Lord) which are taught of thee, and instructed by the Spirite of godly wisdome & understanding, which by their preaching will seek, not themselues, but thee, because they are godly: & can so doe, because they are wise and understād. Giue to the Preacher of thy word, (whom I shal heare this day) out of the treasures of thy

wise-

wisedome, that he may powre vpon me and all thy children the knowledge of thy word, to our saluation: and vnto vs giue thy grace and holy spirit (O Lord) so to heare and receiue thy word, that the good seed which falleth vpon vs, be not choked with thornes, or withered away with heate, or deuoured by the foules of the aire, but it may growe vp in a good ground, & fructify vñ great increase, to ỹ praise of thy holy name for euermore, Amen.

After the preaching of Gods word, say thus.

O Almighty God most louing & deare Father, to whō it is easy to do al things;

I heartily beseech thee that ỳ seed of thy word now sowne into my heart, may take such deep rote, that neither ỳ burning heat of affliction or persecution cause it to wither, neither ỳ thorny cares of this life doe choake it, but that as seed sowne in good ground, it may bring forth thirty, sixty, and an hundred fold, as thy heauenly wisedome hath appointed. And because I haue need cõtinually to craue many things at thy handes, I humbly beseech thee (O heauenly father) to grant me thy holie Spirit, so to direct my petitions, that they may proceed frõ such a feruent mind, as may bee agreeable to thy mo ſt

most blessed will. And seeing mine infirmity is such, that I am able to doe nothing without thy helpe, & that thou art not ignorãt with how many and great tẽptations I poore wretch am on euerie side cõpassed and inclosed: let thy strength (O Lord) sustaine my weakenes, and assist me with thy grace, that I may safely be preserued against all the assaults of satan, who goeth about like a roaring Lion seeking whom hee may deuoure. Increase my faith (O mercifull Father) that I doe not swarue at anie time from thy heauenly word. Augmẽt in mee hope and loue with a carefull keeping of all thy cõ-

maundements, that no hardnes of heart, no hypocrisie, no concupiscence of the eies, nor inticements of the world, do draw me away from thine obedience. And forsomuch as by thy holie Apostle wee bee taught to make our prayers and supplications one for another, I pray not heere at this present for my selfe only: but I beseech thee also to reduce al such as be yet ignorant, frō the miserable captiuity of blindnes & error, to the pure vnderstanding of thy heauenly truth: that wee altogether with one consent and vnitie of minde, may worship thee our only God and Sauiour, world without end, Amen.

When

When you are going any iourny, pray.

O Mercifull Father, thou art wont to send vnto thy seruants, and men of simple hearts, thine Angells to bee their kéepers, and (as it were) guides, or elder brethren, to watch ouer thy weake children: so didst thou to young Tobias, to Iacob, to Abrahãs seruant, to Iosua &c. O gracious God, though I be far vnlike vnto them (so many are my sins) yet for thine owne goodnesse sake, send thy holy Angels to pitch their tents about me, to hide me, & defend me from Satan & his slaues, to carry me in their handes,

that I come not into further dãger then ỹ wilt deliuer mé out, for thy owne sake. From thée, O Lord, I came, & vnto thée I make my iorney, howbeit, through dangerous & perilous waies, which our cruel enimies haue & do prepare for vs, being more then starke blinde, by reason of their sin. O Christ, which art a most true lodel-man & guide, & also most expert, faithful & friendly, put thou out thy hand, opẽ mine eies, make thy high way knowen vnto me, which thou diddest first enter into out of this corruptible life, and hast prepared the same for vs to immortalitie. Thou art the way: leade me vnto the Father

ther by thy self, & shew mẽ the way that I should walke in, for I lift vp my soule to thee.

When you come home againe.

O Swéet Lord, I must and will confesse, that there is nothing more like to thy holy nature, then a quiet minde: thou hast called me out of the troblesome disquietnes of the world, into that quiet rest, & peace, which the world cãnot giue, being such a peace as passeth all mens vnderstanding. Houses are ordained for vs, that thereby we might be defended from the iniurie of weather, from the crueltie of beasts, from disquietnes of ỹ people,

people, and to rest from the toile of the world. O gracious father, grant that through thy great mercy, my body may enter & abide quietly in this house: but so, that it may become buxome & obedient to ỹ soule, and make no resistance against the same, that in my soule and body, I may haue a godly quietnes and peace, to praise thy holy name. Peace be to this house, & to all that dwell in the same, Amen.

A prayer for women against barrennesse.

O Most mightie, wise, and gracious Creator of all things, which at ỹ beginning in Paradise, hauing giuen to the

the first man an helper, of his owne substance, didst by thy word sanctifie that their coupling together, and ganest to them commãdement and power of multiplying, that according to thine eternall purpose in thine infinite mercie, the head of thy Church that seed of the woman, and consequently the parts and members therof, which is ỳ whole congregation of thy Chosen children, might issue frõ their loines: and hast promised to thẽ which feare thee, as a singular blessing, ỳ their wiues shal be as fruitful vines vpon their houses, and their children like Olive plãts round about their table, and that they shal

see

ſee their childrens childrē vn-
to the third and fourth gene-
ration, and peace vpon Iſra-
el: and haſt alſo threatned, as
a ſpecial curſe vnto thē which
hate thy name, that thou wilt
ſhut vp their wombs in bar-
rennes, that no memoriall of
them may remaine vpon the
earth: I beſeech thee, for thy
great goodneſſe ſake, to looke
vpon the lowlineſſe of thine
hand-maiden, and to hearken
to the voyce of mine earneſt
prayer which I make to thee.
Remoue frō me this reproch
among ỹ children of thy peo-
ple, and beſtow thy gracious
bleſſing of fruitfulneſſe vpon
me: that as I know aſſured
by thy Prophet, that childrē

are

are thy inheritance, and the fruit of ỹ womb thy reward: so I may by liuely experience of thy goodnes, fele that the childzē of youth, that is, such as are indued with thy vertues, strength, & grace from aboue, are like the arrowes in the hand of the strong man: with which so blesse mee, O Lord, in thy good time, that I may haue my quiuer full of them: that thy name may be glorified, thy seruāts comforted, & the company of thy childzen increased, to the accomplishment of the number which thou by thine euerlasting wisedome hast set and appointed, and to the hastening of thy kingdom, wherein our

head

head Christ Jesus shall draw all his members to himselfe, that where hee is, they also may be, for euer following the Lambe whithersoeuer he goeth, and singing Halleluiah, honour, and glory, and wisedome, and power be ascribed to God the Father, Sonne, and Holy ghost for euermore Amen.

A Praier to be said of women great with child.

O Lord the mighty Maker, wise gouernor, and gracious preseruer of all things, I yeld thée humble thãks, that it hath pleased thée in thy goodnesse to regard the lowlinesse of thy handmaiden, by remoning

uing from mee the reproch of barrennesse, and opening my wombe to conception: blesse within me, O Lord, the worke of thine owne hands, which is wonderfully and fearfully made, whose bones are not hid from thee, & whose members are written all in thy booke, whose very haires thou numbrest and takest care of them. Blesse, O Lord, thine owne handy worke, that it accomplishing thy appointed time, may take perfect shape & proportion, & line to the setting forth of thy praise in the middest of the Congregation whereof thou hast made him a member. Into thine hands I commend it, with my selfe,

whom

whom I beseech thee, O most gracious God, so to blesse, guide, and preserue, that neyther the malice of wicked spirites prevaile against me, nor any outward inconuenience approch nigh me, to hurt me. Keep me from vaine feares & folish desires, that in safety I may beare, & with ioy bring forth the fruit wherewith thy hast blessed me, to the glory of thy most blessed name, & my especiall comfort in thee: to whom be all honor now and euer, Amen.

A Praier to be said of women in the time of their trauell.

O Lord, I confesse (as now I feele) great was and is thy

thy displeasure for sin committed by our first mother Eue, and continued by vs, whom for punishment thereof thou hast commaunded in sorrow to bring forth fruit. Lay not the heauy burden of them vpon my backe: but in the promised seede of the woman fauorably regarde mee, & send me cõfort from thy holie place: charge mee wt no more then thou shalt enable me to beare, and euen in the midst of my paines, make thou the way for mes, that I may escape them. Giue strength, O Lord, vnto my bodie, corage to my heart, and comfort to my soule, that in all parts being confirmed in thee, no

frailty

frailty of the flesh, nor temptation of the diuell, in the extreamity of my throes, may make me faint or forsake thee, or distrust thy gracious goodnesse towards mee: who by thy Apostle hast assured mee, that euen by bearing of children, if I continue in ỹ faith, I shalbe saued: thou art nigh vnto all them that call vpon thee, depart not from mee, O Lord, at any time: that the assurance of thy presence may be my stay and comfort: that in respect thereof, and of the performance of thy will, I may sustaine all torments, and rest wholly in thee, which art the GOD of my strength and comfort: to whom

whom be praise for euer and euer, Amen.

A thankesgiuing of a woman when she is deliuered.

GReat is the Lord, and worthie to bee feared. Gracious is the Lord, and worthy to be praised: thy mercie, O Lord, is aboue all thy works. Thou woundest and thou healest, thou strikest downe and raisest vp againe. I most humbly thanke thee, my most gracious and louing Father, that it hath pleased thee in thy goodnesse, now at the length to deliuer me from extreamity of child-birth, and to giue vnto mee the sweete taste and feeling of thy comfort,

fort, not onely in toy that a man is borne into the world, which yet notwithstanding maketh mee to forget my sorrowes, but much more in the assurãce of thy gracious prouidence and care ouer mee, whose hand hath strengthened me, and whose right hãd hath vpholden mee: which hast brought faire weather after stormes, and gladnesse after teares. Let thy comfort alwaies rest with me: and giue me grace, since it hath pleased thee to make mee a glad mother, that I may also become a good mother, in shewing my selfe a good child in obedience vnto thee, & in carefulnes for instruction of my child in thy feare:

feare: ỿ we may set forth thy glorỿ in this life, & bee made partakers of thỿ glorie in the life to come, through Jesus Christ our onelie Saviour: to whom with thée, and the swéete Comforter the Holie Ghost, three persons, and one God, be all honour and glorỿ for euermore, Amen.

FINIS.